

Lower Body Training Log

Date: _____

Phase: _____

✓	Exercise	Weight	Sets x Reps
	Bulgarian Split Squats		3x8
	Romanian Deadlift		3x10
	Kettlebell Swings		3x10
	Barbell Glute Bridge		3x10
	Walking Lunges		3x10/each
	Plank		2x1:05
	Dead Bugs		2x12/each
	Legs, Glutes, Core		4

Notes:

Warm up: Bird dog, body weight squats, hip thrusts

Outdoor Activity:

Mt. Whitney Activity: