

# Leg Stats

Workouts completed:

## **Barbell Back Squat**

1RM:

1RM Increase:

## **Barbell Front Squat**

1RM:

1RM Increase:

## **Bulgarian Split Squat**

1RM:

1RM Increase:

## **Standing Calf Raise**

1RM:

1RM Increase: