

Lower-body A/B session log

Record what you actually completed; use the full guide for instructions.

Date / A or B / equipment / session time

Squat: version / load / sets / reps / rest

Hip extension: bridge or hinge / load / sets / reps

Split squat left: support / depth / load / sets / reps

Split squat right: support / depth / load / sets / reps

Calf: support / load / sets / reps / rest

Recovery / symptoms / other leg activity

Next session: A or B / repeat or one small change

A and B are separate sessions; count other demanding leg work.

One single-leg round includes a left set and a right set.