

HubermanGym — Workout Report

Legs — Quad Focus — Monday, 27 April 2026

Barbell Back Squat

Target: 4 x 6-8 | Tempo: 3-1-1-0 | Rest: 120s

Not completed

Leg Press

Target: 4 x 8-10 | Tempo: 3-1-1-0 | Rest: 120s

Not completed

Leg Extension

Target: 3 x 10-12 | Tempo: 2-1-2-1 | Rest: 90s

Not completed

Hack Squat

Target: 3 x 8-10 | Tempo: 3-1-1-0 | Rest: 120s

Not completed