HubermanGym — Workout Report

Legs — Hamstring & Glute Focus — Thursday, 26 February 2026

Romanian Deadlift

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

Not completed

Bulgarian Split Squat

Target: 3 × 8-10 each leg | Tempo: 3-1-1-0 | Rest: 90s

Not completed

Leg Curl

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

Not completed

Hip Thrust

Target: 4 × 8-10 | Tempo: 2-1-2-1 | Rest: 90s

Not completed