

LEG BUILDER

Week 1:

Day 1:

Front Squat:
4x10 at 65%
Short rest
Rear Foot Elevated Split Squat
5x10 w/Dumbbells

Day 2:

Deadlift
4x10 at 65%
Good Morning
4x12 w/Barbell
Weighted Reverse Lunges
4x12 w/Barbell

Day 3:

Back Squat
4x10 at 65%
Weighted Hip Bridge (back on bench or box)
4x12 w/Barbell
3x100m Heavy Farmers Carry

Week 2:

Day 1:

Front Squat:
4x10 at 67%
Short rest
Rear Foot Elevated Split Squat
5x10 w/Dumbbells

Day 2:

Deadlift
4x10 at 67%
Good Morning
4x12 w/Barbell
Weighted Reverse Lunges
4x12 w/Barbell

Day 3:

Back Squat
4x10 at 67%
Weighted Hip Bridge (back on bench or box)
4x12 w/Barbell
4x100m Heavy Farmers Carry

Week3:

Day 1:

Front Squat:
4x10 at 70%
Short rest
High Box Step-ups
5x10(5/s) w/Dumbbells

Day 2:

Deadlift
4x10 at 70%
Kang Squat
4x12 w/Barbell
Weighted Reverse Lunges
4x12 w/Barbell

Day 3:

Back Squat
4x10 at 70%
Weighted Hip Bridge (back on bench or box)
4x12 w/Barbell
Zercher Squat
5x10 w/Axel Bar

Week 4:

Day 1:

Front Squat:
4x10 at 65%
Short rest
High Box Step-ups
5x10 w/Dumbbells

Day 2:

Deadlift
4x10 at 65%
Kang Squat
4x12 w/Barbell
Weighted Reverse Lunges
4x12 w/Barbell

Day 3:

Back Squat
4x10 at 65%
Weighted Hip Bridge (back on bench or box)
4x12 w/Barbell
Zercher Deadlift
5x10 w/Axel Bar

Add more weight the next time you do an exercise. Unless there is a specified percentage.