

**12 WEEK GUIDE
TO BUILDING
LEGENDARY
LEGS**

BY JEREMY BUENDIA



**JEREMY FIT
BUENDIA BUENESS**

WANT TO GET THE ABSOLUTE BEST RESULTS FROM **BUILDING?** **LEGENDARY LEGS?**

STEP IT UP BY JOINING **#TEAMBUENDIA'S**
ONLINE COACHING PROGRAM!

- ▶ A COMPLETELY PERSONALIZED NUTRITION, SUPPLEMENTATION, AND WORKOUT PROGRAM BASED UPON YOUR DESIRED PHYSIQUE GOALS
- ▶ A PERSONAL COACH AVAILABLE TO ANSWER YOUR QUESTIONS AT ANY TIME
- ▶ MONTHLY GROUP CALLS WITH THE 4X CHAMP

YOUR COACH WILL HELP YOU
GET INTO YOUR ABSOLUTE BEST
PHYSIQUE FOR A FULL

12 WEEKS

LEARN MORE



BUILDING LEGENDARY LEGS

So, I was training at the gym the other day, and I saw this guy benching and he was repping out 315lbs no problem. About a week later, I saw that same guy back in the gym but this time he was in the squat rack. I saw him throw 3 plates on, "squat" about 3 or 4 inches deep and I just about spit up my BCAA's.

I got those embarrassing feelings in my stomach that you get when you see somebody else do something stupid.

This guy had the upper body of a heavy weight bodybuilder but the legs of an 8-year-old cheerleader! His impressive upper body, all of a sudden didn't have as much significance to me when I caught a glimpse of his toothpick legs.

Call me an asshole, but I just don't feel that a bodybuilder is considered a bodybuilder unless he trains the entire body. I mean, he can call himself an "upper-bodybuilder" but in no way shape or form is someone who skips leg day considered a bodybuilder. When I see well developed legs, that is the one thing that can impress me. Regardless of how big or little the person is up top, an individual with a well-developed quad sweep, hanging hamstrings, and full glutes will get my respect any day.

The reason? _____

Developing legs is no easy task. There is no walk in the park, there is no "easy day." Legendary legs are a product of getting down in the trenches, stepping foot into the dungeon, embracing the pain, challenging your manhood, and working F*cking Hard!

ONE OF THE MAIN REASONS

One of the main reasons people lack well developed legs is simply because they don't want to embrace the intensity of a leg workout. People are afraid of the pain; the pain during, and, more so, the pain afterwards. As a bodybuilder you have to learn to embrace that pain.

Pain means its working, it means that you did something that is going to have sustained results. Pain means you pushed your threshold. During a leg day, more weight is pushed, more volume is created, and the pumps to the largest muscle in your body can be excruciating. But this is when you have to look at yourself in the mirror and ask yourself if you have what it takes.

Personally, I have to mentally prepare myself for each leg day. I visualize my workout, the form, the technique, the weight, and I also mentally prepare for the **pain** I am about to go through. You have to accept it, embrace it, and learn to love it. I think of each leg work-out like a personal battle to see how tough I really am. Each week that you can challenge yourself, it keeps you tough, it keeps you sharp, and it keeps you training like an animal.

STRETCHING/ RANGE OF MOTION/ INJURY RISKS

One of the biggest issues for people trying to jump back into leg training is going to be overactive and underactive muscle groups (or muscle groups that are extremely tight and/or muscle groups that are extremely weak). Overactive and underactive muscles can make certain motions difficult and painful; it can also lead to compensation with secondary muscle groups. Example, if your glutes are weak or “underactive,” it is more than likely due to tight hip flexors and overactive quads.

Most people sit all day long, and in a seated position, your hip flexors are put into a contracted position. If any muscle stays contracted for an extended period of time it gets extremely tight. When your hip flexors are tight, it is going to hinder the activation of the glutes, which will cause them to weaken.

Your body is smart and understands that it has work to do, so when you put your body underneath a squat rack, it is going to recruit the muscles that are “strongest.” That’s why, when people have imbalances, you see that their form is incorrect. That is because their body is trying to recruit different or stronger muscles to perform the task instead of the intended muscle group they are training. If the individual neglects the overactive muscles (by not rehabbing or stretching) and continues to train, the problem will prolong itself and get worse, making it much more difficult to correct the form as well as re-establish the proper muscle recruitment needed to perform a proper and efficient squat.

STRETCHING/ RANGE OF MOTION/ INJURY RISKS

This is why it is imperative to identify your overactive muscles before jumping into an intense leg program. Spend some time stretching and “feeling” your body out. Utilize proper stretching and warm-ups on a REGULAR basis. This is VERY IMPORTANT, I am not just saying it to say it. Listen and DO IT REGULARLY!

As you train heavier and get stronger, your muscles will tighten up, and if you neglect the proper stretching and therapy, they will progressively get worse until the point that your range of motion and strength will be compromised. Spend at least 10-15 mins warming up and stretching before each workout. Foam rolling, static stretching, and dynamic stretching. Make sure you feel loose and ready to go before jumping under any weight.

Start training light initially to figure out which exercises and range of motions you feel limited doing or which movements are being compromised due to muscular imbalances. For beginners that are experiencing trouble with proper squat technique, I suggest utilizing machine squats, as well as smith machine squats to keep you safe while you learn the proper mechanics. Once you progress and start to feel more comfortable, then I suggest switching to a free weight barbell squat.

IDENTIFY YOUR IMBALANCES

If you notice that your hips come underneath you, your lower back rounds while performing a squat, and your knees are coming past your toes, then your glutes and lower back are weak or “underactive.” In turn, the hamstrings and abdominals are overactive. I’d advise back extensions, and hip thrusts, as well as lunges to help strengthen up the lower back and glutes, and hamstring and abdominal stretches to open and loosen the overactive muscles.



If you notice your knees buckling in or shifting, that is due to overactive adductor muscles (inner thighs) as well as the short head of your hamstring. Make sure to stretch and foam roll as well as strengthen your glutes and long head of your hamstring to prevent this from happening further.

If you notice your toes turning out or your heels are coming off the ground as you squat down, that is a give away for overactive calf muscles. Make sure you take your time foam rolling and stretching your calves.

If you notice that you can't drop your butt down low, or lean forward excessively, this is due to tight hip flexors, calves, and abdominals. You need to make sure to stretch these muscles while strengthening your glutes and lower back.



FOOT PLACEMENT FOR **SQUATS or LEG PRESS**

There are various forms and techniques for squats and leg press. Each provides a different stimulus to specific parts of the leg.

- 1 Traditional Stance** - stance is slightly wider than shoulder width, toes slightly angled out, targets the entire quadricep, and glutes. The most power is usually generated from this stance.



2 **Narrow Stance** - stance is closer than shoulder width, toes are straight forward, targets outer sweep of quadricep and glutes.



3 **Wide Stance or Sumo Stance** - Stance is wider than shoulder width, toes angled out at a 45 degree angle.





LIFTING SMART



If you are a beginner, I do not advise going into the gym and trying to max squat right off the bat. Understand and learn the proper mechanics. Utilizing proper form and technique may take more time initially, but your gains and strength will increase exponentially once you have mastered the proper biomechanics. So, take your time and don't rush into an injury!

LIFTING SMART

UNDERSTANDING TEMPOS, RANGE OF MOTION, AND VARIOUS PUMP FACTORS

Understanding tempos, range of motion, and various pump factors will optimize your training regimen. We will be using different techniques to keep the muscles guessing. This will put your muscle in an unfamiliar environment, forcing it to work at its maximal output. Incorporating drop sets, partial reps, supersets, negatives, peak contraction holds and isometric contractions will be essential to seeing major progress in your overall leg development.

Time Under Tension (TUT) - Controlling the range of motion and slowing down the positive and negative motions. Typically, 3-5 seconds on the positive and negative motions

Partial Reps - Performing a full stretch of the muscle and only performing a partial motion

Peak Contraction Holds - Holding the contraction for a 2 second count

Pause Reps - Holding the weight at the bottom (or eccentric) part of the motion, letting the motion come to a complete rest before performing the contraction.

LIFTING SMART

TECHNIQUES & VARIATIONS

LEG EXTENSION TECHNIQUES

Toes Straight Forward - Targets primarily the middle head of Quadricep (Rectus Femoris)

Toes Pointed in - Targets Outer Sweep of Quadricep (Vastus Lateralis)

Toes Pointed out - Targets the tear drop or inner Quadricep (Vastus Medialis)

Toes up (dorsiflexion) - Targets the upper part of your Quadricep

Toes down (plantarflexion) - Targets the lower part of the Quadricep.



Quadricep

PRE-EXHAUSTION SETS

In the offseason, I do like to jump right into squats and utilize heavier weight. However, when I get into contest prep mode I have to be more careful and not put myself at risk for injury. I like to utilize pre-exhaustion sets prior to doing my heavy compound motions like squats and deadlifts. For Squats, I like to pre-exhaust my quads utilizing leg extensions. For Deadlifts, I like to pre-exhaust using a hamstring curl. I also like to utilize the abductor machine to get my Glutes engaged and firing. By utilizing these exercises prior to the compound motion, it will allow you to still have an elevated training intensity, but with a lesser weight. The intensity is still high, however the reduction of weight stressing your core reduces the oblique and waist expansion as well as the risk of injury. It's a great way to volumize and maximize hypertrophy, while keeping yourself safe during these compound movements.

PRE-EXHAUSTION SETS WILL SQUATTING AND DEAD LIFTING MAKE MY WAIST BIGGER?

The answer is Yes & No. Squatting and deadlifting heavy repetitively, year after year without taking proper precautions, can lead to the widening of the mid-section and core. When performing these lifts, there is a lot of exertion and power generated from the core when moving heavy weights from this position. The exertion creates external pressure on the midsection and obliques which can cause growth and expansion of the waist line. This doesn't mean we don't squat or deadlift heavy, it just means we have to understand when to do it, how often to do it, and how we can utilize training techniques to increase work output while putting less stress on the core.

Wearing a weight belt is always a must when performing squats and deadlifts. It is going to keep everything tight and in place. It will significantly reduce the risk of injury. The weight belt also stabilizes the core and adds support which will minimize the activation needed by your abdominals to stabilize the weight.

Understand that hypertrophy is maximized when we optimize pump. With that being said, hitting a 1 rep PR every time we squat is not optimal. We want to train with heavy weight but still be able to move the weight in a manner that we will be able to maximize the range of motion, tempo and efficiency of the exercise. As a result, your rep ranges and tempos will vary; don't expect to max out each week.

PRE-EXHAUSTION SETS TRAINING FREQUENCY

I would highly suggest training your Legs 1-2x per week. I suggest spacing your leg day and your back day a few days apart, due to the fact that I utilize deadlifts as well as secondary hamstring exercises on my back training days.

Example Training Split:

- Day 1:** Legs
- Day 2:** Chest
- Day 3:** Off/ Abs, Stretching, Cardio
- Day 4:** Shoulders
- Day 5:** Back (deadlifts and hamstrings)
- Day 6:** Off/ Abs, Stretching, Cardio
- Day 7:** Arms

SUPPLEMENTATION

Supplementation will aid tremendously in packing quality muscle onto your legs! Utilizing high quality supplements will increase growth, improve your recovery time, and maximize your pumps in the gym. Use quality supplements such as:

- ▶ Leucine
- ▶ Creatine
- ▶ Arginine
- ▶ BCAA
- ▶ Glutamine
- ▶ Caffeine
- ▶ Fast acting carbs
- ▶ Whey Isolate

These supps will rapidly increase your results. I suggest only the top of the line products made by **EVOGEN NUTRITION**. www.evogennutrition.com use code **15offJB** for **15% OFF** your order.

 **EVOGEN**®

TRAINING AND MAXIMIZING RESULTS

Over the years I have tried various techniques, with different methods yielding different results. During this program you will go through 3 phases of leg training:

WEEK 1 - 4 **SIZE & STRENGTH**

WEEK 5 - 8 **HARDNESS & DENSITY**

WEEK 9 - 12 **PEEL & SHRED**

To maximize results use **EVOGEN NUTRITION's** AMINOJECT, CELL KEM, EVP PLUS, GLYCOJECT, ISOJECT, CARNIGEN & LIPOCID



WEEK 1 - 4 SIZE & STRENGTH

During the first four weeks, we are going to master our form as well as correct imbalances by stretching and using therapy. We will also emphasize heavy lifting, increasing strength and the development of overall mass. It is important to be on a clean diet. However, during this time period you shouldn't be on a high deficit caloric diet. You will need the carbs, fats, protein, and creatine (red meats) to help aid in maximal growth! For more specific guidance see (www.jeremybuendiafitness.com).

ON LEG DAYS (WEEK 1-4): (FOR 200LBS MALE)

- ▶ take 1 scoop **EvoGreens** upon waking, and immediately after weight lifting
- ▶ take 1 pill of **EVOVITE** upon waking, and mid-day
- ▶ take 1-2 scoop(s) **CARNIGEN** PRE-workout
- ▶ take 1 scoop **CELL KEM** upon waking and intra workout
- ▶ take 1 scoop **GLYCOJECT** pre-workout, take 2 scoops intra workout.
- ▶ take 1 scoop **AMINOJECT** post-workout, and 1 scoop prior to bed
- ▶ take 1-2 scoop(s) **EVP PLUS** or **EVP EXTREME** 15 mins prior to weight training
- ▶ take 1 scoop **ISOJECT** upon waking and 2 scoops immediately after weight lifting.

WEEK 1 - 4 SIZE & STRENGTH

WARM-UP

WARM-UP: it is important to spend 10-15 mins warming up your legs, glutes, and hips. Do various range of motion stretches, foam rolling & dynamic stretching. **TAKE CARE OF YOUR BODY!**

******(All weight listed would be the weight Jeremy Buendia would use; please be cautious and adjust the weight to your own individual needs)

EXERCISE 1
BARBELL SQUATS**INSTRUCTIONAL**

- Set 1:** 45lbs 15 reps (warm-up)
- Set 2:** 135lbs 10 reps (warm-up)
- Set 3:** 225lbs 10 reps (warm-up)
- Set 4:** 315lbs 6-8 reps
- Set 5:** 405lbs 3-5 reps
- Set 6:** 405lbs 3-5 reps
- Set 7:** 315lbs 15-20 reps

**Rest 120-180 seconds in between sets*

EXERCISE 3**SUMO STANCE LEG PRESS**

- Set 1:** 3 plates each side 20 reps
- Set 2:** 4 plates each side 20 reps
- Set 3:** 5 plates each side 15 reps
- Set 4:** 5 plates each side 5 TUT reps
followed by 5-10 regular reps
- Set 5:** 3 plates each side 5 TUT reps
followed by 5 regular reps
followed by 5 TUT reps
followed by 5 regular reps.

**Rest 90-120 seconds in between sets*

EXERCISE 2**SMITH MACHINE ALTERNATING LUNGES**

- Set 1:** 95lbs 10 reps each leg (warm-up)
- Set 2:** 115lbs 10 reps each leg
- Set 3:** 135lbs 10 reps each leg
- Set 4:** 185lbs 10 reps each leg
- Set 5:** 225lbs 6-8 reps each leg

**Rest 90-120 seconds in between sets*

EXERCISE 4**SINGLE LEG STANDING HAMSTRING CURLS**

Set 1: 30lbs 15 reps each leg

Set 2: 40lbs 12 reps each leg

Set 3: 50lbs 10 reps each leg

Set 4: 30lbs 5 partial reps, followed by 5 full reps,
followed by 5 partial reps, followed by 5 full reps.

**Rest 60-90 seconds in between sets*

EXERCISE 5**CABLE GLUTE KICK BACKS**

Set 1: 30lbs 15 reps each leg

Set 2: 40lbs 12 reps each leg

Set 3: 50lbs 10 reps each leg

Set 4: 30lbs 5 partial reps, followed by 5 full reps,
followed by 5 partial reps, followed by 5 full reps.

**Rest 60-90 seconds in between sets*

EXERCISE 6
LEG EXTENSIONS**INSTRUCTIONAL**

Set 1: 100lbs 15 reps (warm-up)

Set 2: 100lbs 10 peak contraction holds, followed by 5 regular reps, followed by 10 partial reps

Set 3: 100lbs 5 peak contraction holds, followed by 10 regular reps, followed by 5 partial reps

Set 4: 100lbs 10 partial reps, followed by 5 regular reps, followed by 5 peak contraction holds, followed by 5 partial reps

Set 5: 100lbs 10 partial reps, followed by 10 regular reps, followed by 5 partial reps, followed by 5 regular reps

**Rest 60-90 seconds in between sets*

EXERCISE 7**STANDING CALF MACHINE****INSTRUCTIONAL****LIVE**

Set 1: 185lbs 20 reps

Set 2: 185lbs 20 reps

Set 3: 185lbs 15 reps, followed by 10 partials

Set 4: 185lbs 10 partial reps, followed by 10 full reps, followed by 5 partial reps

Set 5: 185lbs 5 peak contraction holds, followed by 10 regular reps, followed by 10 partial reps

Set 6: 185lbs 5 partial reps, followed by 5 peak contraction holds, followed by 5 regular reps

**Rest 30-40 seconds in between sets*

BACK DAY: DEADLIFTS & HAMSTRINGS

**I like to do deadlifts on back day because deadlifts are a great way of developing mass to the back part of your legs. However, deadlifts are a very draining exercise, so doing them in conjunction with squats on the same day would not be optimal because you would be compromising the efficiency and productivity of those lifts due to fatigue. That is the primary reason why I do my deadlifts on my back day, along with deadlifts being the number 1 exercise for developing back thickness*

**I always suggest doing some sort of pull-up or lat pull down to open up and stretch out the back prior to deadlifting. Utilize 2 warm-up sets and 2-3 working sets to get the back properly warmed up for Deadlifts. I also recommend doing a few sets of hyperextensions (back extensions) to get the erectors fired and warmed up.*

**I also utilize some additional hamstring work on my back day, I will add in 1-2 more exercises (6-10 total sets) such as lying hamstring curl, seated hamstring curl, or hip thrusts. You can superset these with your back workouts, or you can save them for the end of the workout.*

BACK DAY: DEADLIFTS & HAMSTRINGS

CONVENTIONAL DEADLIFTS

INSTRUCTIONAL

LIVE

Set 1: 135lbs 10 reps (warm-up)

Set 2: 135lbs 10 reps (warm-up)

Set 3: 225lbs 8 reps (warm-up)

Set 4: 315lbs 5 reps

Set 5: 405lbs 5 reps

Set 6: 455lbs 3-5 reps

Set 7: 315lbs 10-15 reps

**Rest 120-180 seconds in between sets*

WEEK 5 - 8 DENSITY & FULLNESS

During weeks 5-8, we are going to bring out that density and fullness. This is the month dedicated to the pump! We will be using drop-set techniques, super-set techniques, and partial rep techniques. It is advised to still stay on top of your therapy and stretching to make sure that your overactive muscles don't come back and take away from your legs gains. This month you will truly learn what mind to muscle connection is, and you should feel that you learned how to completely recruit all of the fibers within the legs.

It is important to be on a clean diet, however during this time period you shouldn't be on a high deficit caloric diet. You will need the carbs, fats, protein, and creatine (red meats) to help aid in maximal growth! For more specific guidance see (www.jeremybuendiafitness.com).

WEEK 5 - 8

DENSITY & FULLNESS

ON LEG DAYS (WEEK 5-8):

- ▶ take 1 scoop **EvoGreens** upon waking, and immediately after weight lifting
- ▶ take 1 pill of **EOVITE** upon waking, and mid-day
- ▶ take 1-2 scoop(s) **CARNIGEN** PRE-workout
- ▶ take 1 scoop **CELL KEM** upon waking and intra workout
- ▶ take 1 scoop **GLYCOJECT** pre-workout, take 2 scoops intra workout.
- ▶ take 1 scoop **AMINOJECT** post-workout, and 1 scoop prior to bed
- ▶ take 1-2 scoop(s) **EVP PLUS** or **EVP EXTREME** 15 mins prior to weight training
- ▶ take 1 scoop **ISOJECT** upon waking and 2 scoops immediately after weight lifting.

WARM-UP: it is important to spend 5-10 mins warming up your shoulders with light weight. Do various range of motion stretches and rotator cuff exercises. *TAKE CARE OF YOUR BODY!*

******(All weight listed would be the weight Jeremy Buendia would use; please be cautious and adjust the weight to your own individual needs)

EXERCISE 1**LEG EXTENSIONS SUPERSET WITH LYING HAMSTRING CURLS****INSTRUCTIONAL****LIVE****WITH****INSTRUCTIONAL**

- Set 1:** 70lbs 15 reps (warm-up)***hamstring 70lbs 15 reps (warm-up)
Set 2: 100bs 15 reps (warm-up)***hamstring 90lbs 15 reps (warm-up)
Set 3: 130lbs 10 partial reps, followed by 10 full reps ***hamstring 115lbs 10 partial reps, followed by 10 full reps
Set 4: 130lbs 10 partial reps, followed by 10 full reps ***hamstring 115lbs 10 partial reps, followed by 10 full reps
Set 5: 130lbs 10 partial reps, followed by 10 full reps, then drop set to 85lbs and do 5 peak rep contraction reps, followed by 5 full reps.
****hamstrings 115lbs 10 partial reps, followed by 10 full reps, then drop set to 85lbs and do 5 peak rep contraction reps, followed by 5 full reps

*Rest 60-90 seconds in between sets

EXERCISE 2**LEG PRESS****INSTRUCTIONAL**

- Set 1:** 3 plates each side 15 reps (warm-up)
Set 2: 4 plates each side 15 reps (warm-up)
Set 3: 6 plates each side 10 reps
Set 4: 8 plates each side 10 reps
Set 5: 10 plates each side 10 reps
Set 6: 10 plates each side 6 reps, drop set to 8 plates for 6 reps, drop set to 6 plates for 8 reps, drop set to 4 plates for 10 reps, drop set to 2 plates for 20 reps

*Rest 60-90 seconds in between sets

EXERCISE 3**SMITH MACHINE BULGARIAN SPLIT SQUATS****INSTRUCTIONAL**

Set 1: 95lbs 15 reps each leg (warm-up)

Set 2: 115lbs 10 reps each leg

Set 3: 135lbs 10 reps each leg

Set 4: 185lbs 6 reps each leg

Set 5: 115lbs 2 partial reps followed by 1 rep = 1 full rep repeat until failure

**Rest 60-90 seconds in between sets*

EXERCISE 4**MACHINE SQUAT****INSTRUCTIONAL****LIVE**

***Increase weight each set**

Set 1: 10 reps (shoulder width) 10 reps (narrow stance) 10 reps (sumo stance)

Set 2: 8 reps (shoulder width) 8 reps (narrow stance) 8 reps (sumo stance)

Set 3: 5 reps (shoulder width) 5 reps (narrow stance) 5 reps (sumo stance)

**Rest 60-90 seconds in between sets*

EXERCISE 5**DB SINGLE LEG SPLIT DEADLIFT SUPERSET W/ BARBELL HIP THRUSTS**

INSTRUCTIONAL

LIVE

Set 1: 35lbs DB 15 reps each leg ***hip thrusts 135lbs 15 reps (warm-up)

Set 2: 50lbs DB 12 reps each leg ***hip thrusts 185lbs 12 reps

Set 3: 60lbs DB 10 reps each leg ***hip thrusts 205lbs 10 reps

Set 4: 70lbs DB 8 reps each leg ***hip thrusts 225lbs 8 reps

**Rest 60-90 seconds in between sets*

EXERCISE 6**SINGLE LEG LEG EXTENSIONS SUPERSET W/ HIP ABDUCTOR MACHINE**

INSTRUCTIONAL

LIVE

***Increase weight each set**

Set 1: 50lbs 5 partial reps, followed by 5 peak contraction holds,
followed by 5 partial reps, followed by 10 full reps
*****abductor 150lbs 5 peak contraction holds, followed by 10 full reps

Set 2: 60lbs 5 partial reps, followed by 5 peak contraction holds,
followed by 5 partial reps, followed by 10 full reps
*****abductor 150lbs 5 peak contraction holds, followed by 10 full reps

Set 3: 70lbs 5 partial reps, followed by 5 peak contraction holds,
followed by 5 partial reps, followed by 10 full reps
*****abductor 150lbs 5 peak contraction holds, followed by 10 full reps

**Rest 60-90 seconds in between sets*

EXERCISE 7
CALF EXTENSIONS ON THE LEG PRESS**INSTRUCTIONAL****LIVE**

(2-3 plates on leg press, make sure the weight is being controlled. Do not bounce the weight. Full range of motion on each rep)

Set 1: toes straight forward 25 reps

Set 2: toes facing out 25 reps

Set 3: toes facing in 25 reps

Set 4: toes forward 10 reps, toes out 10 reps, toes in 10 reps

Set 5: toes forward 5 reps peak contraction hold followed by 10 reps,
toes in 5 reps peak contraction hold followed by 10 reps,
toes out 5 reps peak contraction hold followed by 10 reps

**Rest 60-90 seconds in between sets*

BACK DAY: DEADLIFTS & HAMSTRINGS

*Do these exercises in conjunction with your back workout

SUMO DEADLIFTS

INSTRUCTIONAL

- Set 1:** 135lbs 10 reps (warm-up)
- Set 2:** 135lbs 10 reps (warm-up)
- Set 3:** 225lbs 8 reps (warm-up)
- Set 4:** 315lbs 5 reps
- Set 5:** 405lbs 5 reps
- Set 6:** 455lbs 3-5 reps
- Set 7:** 315lbs 10-15 reps

*Rest 120-180 seconds in between sets

LYING HAMSTRING CURL

INSTRUCTIONAL

- Set 1:** 85lbs 15 reps
- Set 2:** 115lbs 12 reps
- Set 3:** 135lbs 10 reps
- Set 4:** 115lbs 5 partial, 5 full reps,
5 partial reps, 5 full reps

*Rest 60 seconds in between sets

ASSISTED BODYWEIGHT HAMSTRING NEGATIVES

INSTRUCTIONAL

LIVE

- Set 1:** 10 reps
- Set 2:** 10 reps
- Set 3:** 10 reps

*Rest 60 seconds in between sets

WEEK 9 - 12

PEEL & SHRED

During the last 4 weeks of this program, we will bring out all those nasty splits and lines in your legs. Look for the separation between your medialis and your rectus femoris, as well as the separation in your glutes and hamstrings. Our intensity this month will pick up, we will be minimizing rest time, and will be increasing the aerobic threshold. We will be using triple dropsets tri-sets, and blood starving sets. At this point you should have had all of your muscular imbalances taken care of by your therapist or through your own stretching. If not, it is advised to still stay on top of your therapy and stretching to make sure that your overactive muscles don't come back and take away from your gains. This month you will truly learn the definition of hard work and what it takes to get your legs jacked! It is important to be on a clean diet; during this time period it is important to watch your caloric intake. We want to make sure we are at a balance of calories in and calories out or even a possible deficit. The idea is to maintain the added muscle mass, while stripping away the body fat around leaving you with ripped and striated legs. For more specific guidance see (www.jeremybuendiafitness.com).

WEEK 9 - 12

PEEL & SHRED

ON LEG DAYS (WEEK 9-12):

- ▶ take 1 scoop **EvoGreens** upon waking, and immediately after weight lifting
- ▶ take 1 pill of **EOVITE** upon waking, and mid-day
- ▶ take 1 scoop **LIPOCIDE IR** upon waking
- ▶ take 1-2 scoop(s) **CARNIGEN** PRE-workout
- ▶ take 1 scoop **CELL KEM** intra workout
- ▶ take 1 scoop **GLYCOJECT** pre-workout
- ▶ take 1 scoop **AMINOJECT** post-workout
- ▶ take 1-2 scoop(s) **EVP PLUS** or **EVP EXTREME** 15 mins prior to weight training
- ▶ take 1 scoop **ISOJECT** immediately after weight lifting.

WARM-UP: it is important to spend 5-10 mins warming up your shoulders with light weight. Do various range of motion stretches and rotator cuff exercises. *TAKE CARE OF YOUR BODY!*

******(All weight listed would be the weight Jeremy Buendia would use; please be cautious and adjust the weight to your own individual needs)

EXERCISE 1**LEG PRESS/WALKING LUNGES/LEG EXTENSIONS**

INSTRUCTIONAL

/

INSTRUCTIONAL

LIVE

/

INSTRUCTIONAL

Set 1: Leg Press 3 plates 15 reps, walking lunges (DBs 45lbs) 10 strides each leg, Leg Extensions 75lbs 15 reps (warm-up)

Set 2: Leg Press 5 plates 15 reps, walking lunges (DBs 45lbs) 10 strides each leg, Leg Extensions 100lbs 15 reps (warm-up)

Set 3: Leg Press 6 plates 15 reps, walking lunges (DBs 45lbs) 10 strides each leg, Leg Extensions 130lbs 15 reps

Set 4: Leg Press 6 plates 15 reps, walking lunges (DBs 45lbs) 10 strides each leg, Leg Extensions 130lbs 15 reps

Set 5: Leg Press 6 plates 15 reps, walking lunges (DBs 45lbs) 10 strides each leg, Leg Extensions 130lbs 15 reps

*Rest 60-90 seconds in between sets

EXERCISE 2**BARBELL SQUATS SUPERSET W/ BODY WEIGHT EXPLOSIVE JUMP SQUATS**

INSTRUCTIONAL

LIVE

Set 1: 135lbs 20 reps, Jump Squats 20 reps

Set 2: 185lbs 20 reps, Jump Squats 20 reps

Set 3: 225lbs 10 reps, Jump Squats 20 reps

Set 4: 225lbs 10 reps, Jump Squats 20 reps

Set 5: 185lbs 5 reps TUT, followed by 5 regular reps, Jump Squats 20 reps

*Rest 60-90 seconds in between sets

EXERCISE 3**LEG PRESS SERIES *BLOOD STARVING SETS****INSTRUCTIONAL****LIVE**

Set 1: 4 plates each side, 10 reps narrow stance, 10 reps normal stance, 10 reps sumo stance

Set 2: 4 plates each side, 10 reps narrow stance, 10 reps normal stance, 10 reps sumo stance

Set 3: 4 plates each side, 10 reps narrow stance, 10 reps normal stance, 10 reps sumo stance

Set 4: 4 plates each side, 10 reps narrow stance, 10 reps normal stance, 10 reps sumo stance

Set 5: 4 plates each side, 10 reps narrow stance, 10 reps normal stance, 10 reps sumo stance

**Rest 30 seconds in between sets, stay seated w/ legs elevated and resting on top of machine (keep legs above heart)*

EXERCISE 4**EXPLOSIVE SMITH MACHINE LUNGES*****INSTRUCTIONAL****LIVE**

Control the negative, 3 second count on the way down, then explode up = 1 rep

Set 1: 115lbs 10 reps

Set 2: 135lbs 10 reps

Set 3: 185lbs 10 reps

**Rest 60-90 seconds in between sets*

EXERCISE 5**DB DEADLIFT/WALKING LUNGES/LYING HAMSTRING CURLS**

INSTRUCTIONAL

LIVE

/

INSTRUCTIONAL

LIVE

/

INSTRUCTIONAL

Set 1: 70lbs DBs 15 reps, walking lunges (35lbs DBs) 10 strides each leg, 100lbs hamstring curl 15 reps

Set 2: 80lbs DBs 15 reps, walking lunges (35lbs DBs) 10 strides each leg, 110lbs hamstring curl 15 reps

Set 3: 90lbs DBs 12 reps, walking lunges (35lbs DBs) 10 strides each leg, 120lbs hamstring curl 12 reps

Set 4: 100lbs DBs 10 reps, walking lunges (35lbs DBs) 10 strides each leg, 130lbs hamstring curl 10 reps

EXERCISE 6**BODY WEIGHT SINGLE LEG STEP-UP/
SEATED CALF MACHINE/BODYWEIGHT CALF RAISES**

INSTRUCTIONAL

LIVE

Set 1: 20 step-ups each leg, 2 plates calf machine 20 reps, bodyweight calf raise 50 reps

Set 2: 20 step-ups each leg, 2 plates calf machine 20 reps, bodyweight calf raise 50 reps

Set 3: 20 step-ups each leg, 2 plates calf machine 20 reps, bodyweight calf raise 50 reps

Set 4: 20 step-ups each leg, 2 plates calf machine 20 reps, bodyweight calf raise 50 reps

Set 5: 20 step-ups each leg, 2 plates calf machine 20 reps, bodyweight calf raise 50 reps

*Rest 60 seconds in between sets

BACK DAY: DEADLIFTS & HAMSTRINGS

*These exercises are to be added to your back workout on back day

EXERCISE 1

CONVENTIONAL DEAD LIFTS

INSTRUCTIONAL

LIVE

Set 1: 20 reps with 135lbs (warm-up)

Set 2: 20 reps with 225lbs

*60-90 seconds rest in between sets

EXERCISE 3

SEATED HAM CURL

INSTRUCTIONAL

LIVE

Set 1-3: 100lbs 15 reps w/ toes facing out

Set 4-6: 100lbs 15 reps w/ toes facing in

*60-90 seconds rest in between sets

EXERCISE 2

SUMO DEADLIFT

INSTRUCTIONAL

Set 1-3: 20 reps with 225lbs

*60-90 seconds rest in between sets

THIS CONCLUDES THE 12 WEEK PROGRAM TO
▼ **BUILDING
LEGENDARY LEGS**

I HOPE YOU LEARNED SOME VALUABLE LESSONS!

You should now have a better understanding of how the legs work after exploring various training techniques. Your GYM IQ should have increased.

Your legs will continue to improve over time and, with consistent training, you too can have a set of Legendary Legs!

BE SURE TO CHECK OUT WWW.JEREMYBUENDIAFITNESS.COM
FOR OTHER E-BOOKS AND TRAINING INFO!