

KAI GREENE

GROW YOUR LEGGSS

PLANT YOUR FEET. PREPARE TO GROW.

11. MIRACLE GROW FORMULA

Leg day is not something to be taken lightly. You will need to create incredible force and long, grueling sets. To perform optimally, you must give your body the nutrients it needs to perform maximally.

PROTEIN



We typically think of protein only post workout to maximize muscle gain. However, the extreme stress of leg day forces your body to breakdown some muscle tissue for energy. Taking an optimal dose of protein prior to training legs can help you avoid muscle catabolism during your workout and ensure your continued growth. Aim for 20-30 g of a high-quality protein like whey, a leucine (the amino acid that drives muscle growth) fortified plant based protein, or 30-40 g of a lean meat prior to training.

CARBOHYDRATES



Carbohydrates are the fuel that allow your body to move through space. When lifting, we break down stored carbohydrates in our muscle known as glycogen. Ample glycogen stores are needed to empower your body through multi joint movements such as squats, deadlifts, and lunges. Try to consume 35-50% of your carbohydrate intake prior to your leg workout to make sure you don't topple over before your training is complete.

FATS



Each of the major three macronutrients combine to nurture the ideal anabolic environment. Fat can help regulate hormones, improve micronutrient absorption, and provide valuable energy. However, fat needs to be consumed in relation to your carb intake. Your pre-workout contains a large amount of carbs which can cause a significant insulin spike. Insulin is a great anabolic tool because it decreases protein breakdown, but it also inhibits fat breakdown. Therefore, a high fat meal pre-workout is more likely to be stored as fat. Fats also slow gastric emptying and can leave you with an upset stomach when it's time to lift. Shoot for as little fat pre-workout (below 10 g) to avoid unnecessary fat gain and enter the gym ready for the journey ahead.

III. FARMERS ALMANAC OF ADVANCED LIFTING

If we see squat heavier, it is because we squat in the racks of giants. Take the below advanced cues to ensure that you are lifting properly and efficiently to cultivate commanding legs.

JEFFERSON SQUAT ⚡

Thomas Jefferson wasn't known for chopping down a Cherry Tree, but his legs could've been as big as oaks. The Jefferson squat allows you to place the center of gravity directly under the middle of your body. This placement allows this knee dominant or quad focused movement to become more focused on the entire lower body. Contracting the glutes, quads, and hamstrings just to keep the body stable and pushing the weight off the ground.

- Place one foot parallel and one perpendicular to the bar
- Keep your chest upright as you sink down through the hips
- Push through the heels and squeeze your glutes as you stand up



NORWEGIAN HAMSTRING CURLS ⚡

Traditional hamstring curls move the weight towards the body at the distal or furthest point of the body, such as the ankles. This makes the hamstring contract the insertion point of the muscle toward the origin focusing development towards the top of the muscle. Norwegian hamstring curls are just the opposite, moving the origin of the body towards the insertion. In this case your knees are in a fixed position on the ground and your body moves towards your ankles. Combine this with the eccentric focus of the Norwegian hamstring curl and the lower end of your hamstrings will see some MAJOR development.

- **Keep your toes pointed down towards the ground**
- **Keep your core straight and lowering to the ground as slow as you can**
- **Pull yourself up by focusing on pulling the heels to your glutes**



STRAIGHT LEG DEADLIFT ⚡

Deadlifts are often done with poor form and purposeless movement. Be sure to focus on proper muscle activation to ensure efficiency, safety, and long term growth. The Straight Leg Deadlift brings your body into a position where the core is under a great deal of stress. This forces you to contract the back less to move the weight. Instead, your body will require the glutes to thrust forward and the synergistic hamstrings to bring the body erect while the core is used to stabilize itself.

- Always keep the head facing forward, the eyes follow the direction of the chest
- Before pulling take all slack out of the bar meaning, begin to lift the weight without actually moving it off the ground
- Thrust the hips forward by flexing the glutes and pulling the pelvic area towards the ceiling in front of you



IV. MONTH 1: SEED STAGE

This is the first month of your new, favorite leg routine. You may have years of experience in the gym, or you have never stepped foot in a weight room. Either way, this will lay the ground work for your future leg development. Follow the program and your legs will begin to grow like weeds.

Day One Workout					
Exercise		Sets	Reps	Intensity	Rest
Kneeling Hamstring Curls		6	12	65%	30 seconds
Superset:					
	Leg Press	6	12	65%	0
	Leg Press Calf Raises	6	12	65%	20 seconds
Barbell Hip Thrusts		6	12	70%	30 seconds
Jefferson Squat		6	12	70%	30 seconds
Walking Lunges		6	12	65%	30 seconds
Glute-Ham-Raise		6	12	65%	30 seconds



IV. MONTH 1: SEED STAGE

Workout 2									
Exercise- Every 2 movements are Super Sets	Sets	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Rest	
Seated Calf Raise	6	16 at 65%	12 at 70%	8 at 80%	5 at 85%	5 at 90%	14 at 70%	0 seconds	
Lying Hamstring Curls	6	16 at 65%	12 at 70%	8 at 80%	5 at 85%	5 at 90%	14 at 70%	20 seconds	
Hack Squat Machine	6	16 at 65%	12 at 70%	8 at 80%	5 at 85%	5 at 90%	14 at 70%	0 seconds	
Stiff Leg Dumbbell Deadlift	6	16 at 65%	12 at 70%	8 at 80%	5 at 85%	5 at 90%	14 at 70%	20 seconds	
Front Barbell Squat	6	16 at 65%	12 at 70%	8 at 80%	5 at 85%	5 at 90%	14 at 70%	0 seconds	
Kettle Bell Goblet Side Lunges	6	16 at 65%	12 at 70%	8 at 80%	5 at 85%	5 at 90%	14 at 70%	20 seconds	
Norwegian Hamstring Curls	6	16 at 65%	12 at 70%	8 at 80%	5 at 85%	5 at 90%	14 at 70%	0 seconds	
Standing Calf Raises	6	16 at 65%	12 at 70%	8 at 80%	5 at 85%	5 at 90%	14 at 70%	20 seconds	



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IV. MONTH 1: SEED STAGE

Workout 3				
Exercise	Sets	Reps	Intensity	Rest
Barbell Deadlifts	6	8	80%	45 seconds
Barbell Straight Leg Deadlifts	6	16	65%	30 seconds
Barbell Squats	6	8	80%	45 seconds
Barbell Split Squats	6	16	65%	30 seconds
Barbell Hip Thrusts	6	8	80%	45 seconds
Jefferson Squats	6	16	65%	30 seconds
Seated Calf Raises				



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IV. MONTH 2: FOREST FIRE

You've spent the last month toiling away in the gym. You've dug in deep and buried the seeds of success for truly awe-inspiring legs. Now it is time to carve out your massive legs with a fat burning, muscle tearing leg workout. Perform the below workouts 3 times per week with at least one day of rest in between each.

Workout 1					
Exercise	Sets	Reps	Intensity	Rest	
Exercise- Every 2 movements are Super Sets					
	Sets	Set 1 & 2 Reps	Set 3 & 4 Reps	Set 5 & 6 Reps	Rest
Leg Extensions seconds	6	16 reps at 60%	10 reps at 75%	12 reps & Failure both at 70%	0
Jefferson Squats	6	16 reps at 60%	10 reps at 75%	12 reps & Failure both at 70%	20 seconds
Seated Hamstring Curls seconds	6	16 reps at 60%	10 reps at 75%	12 reps & Failure both at 70%	0
Stiff Leg Dumbbell Deadlift	6	16 reps at 60%	10 reps at 75%	12 reps & Failure both at 70%	20 seconds
Barbell Front Squat	6	16 reps at 60%	10 reps at 75%	12 reps & Failure both at 70%	0 seconds
Dumbbell Walking Lunges	6	16 reps at 60%	10 reps at 75%	12 reps & Failure both at 70%	20 seconds
Abductor Machine	6	16 reps at 60%	10 reps at 75%	12 reps & Failure both at 70%	0 seconds
Adductor Machine	6	16 reps at 60%	10 reps at 75%	12 reps & Failure both at 70%	20 seconds



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IV. MONTH 2: FOREST FIRE

Workout 2							
Exercise- Every 2 movements are Super Sets	Sets	Set 1 & 2 Reps	Set 3 & 4 Reps	Set 5	Set 6	Rest	
Barbell Hip Thrusts	6	8 reps at 70% & 80%	3 reps at 90%	5 reps at 85%	Failure at 80%	0 seconds	
Straight Bar Walking Lunges	6	8 reps at 70% & 80%	3 reps at 90%	5 reps at 85%	Failure at 80%	20 seconds	
Smith Machine Hack Squat	6	8 reps at 70% & 80%	3 reps at 90%	5 reps at 85%	Failure at 80%	0 seconds	
Stiff Leg Dumbbell Deadlift	6	8 reps at 70% & 80%	3 reps at 90%	5 reps at 85%	Failure at 80%	20 seconds	
Barbell Squats	6	8 reps at 70% & 80%		3 reps at 90%	5 reps at 85%	Failure at 80%	0 seconds
Jefferson Squats	6	8 reps at 70% & 80%		3 reps at 90%	5 reps at 85%	Failure at 80%	20 seconds
Leg Press	6	8 reps at 70% & 80%		3 reps at 90%	5 reps at 85%	Failure at 80%	0 seconds
Hack Squats	6	8 reps at 70% & 80%		3 reps at 90%	5 reps at 85%	Failure at 80%	20 seconds



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IV. MONTH 2: FOREST FIRE

Workout 3				
Exercise - Every 2 movements are Super Sets	Sets	Reps	Intensity	Rest
Barbell Deadlifts	6	8	80%	0
Dumbbell Straight Leg Deadlifts	6	16	65%	60 seconds
Toes In Calf Raises	6	12	70%	0
Toes Out Calf Raises	6	12	70%	60 seconds
Toes Out Lying Hamstring Curls	6	12	70%	0
Toes In Lying Hamstring Curls	6	12	70%	60 seconds
Toes Out Leg Extensions	6	12	70%	0
Toes In Leg Curls	6	12	70%	60 seconds



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