

*Julian Smith* the  
**QUADGUY**

PRESENTS



**ULTIMATE LEG TRAINER**  
**ADVANCED**

**So, you have chosen the advanced program..  
Your confidence has my respect, now it's time for you  
to earn it aswell.  
I will guide you through 16 weeks of intensive leg pain, but  
it's up to you to come back fortified or annihilated.**

**Embrace the suck and let's start**

**#ADVANCEDQUADGUY**

Disclaimers and warranties:

**WARNING:** Before starting a bodybuilding program, you should:

(1) Consult a medical doctor about your physical condition and what bodybuilding program and diet are suitable for you. Starting a program without prior consultation with a medical doctor could lead to severe health problems.

(2) Consult a qualified physical trainer about what training program is suitable for you. Many types of weight training should only be done under supervision or with a "spotter", for safety reasons. Your physical trainer will advise you about that.

**RISK:** All diets and all bodybuilding programs involve risks to the physical and mental health of participants. Prompt medical consultation is recommended if any symptoms develop during a diet program or bodybuilding training.

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Questions: [thequadguy.reply@gmail.com](mailto:thequadguy.reply@gmail.com)

# Rules

## **Time Under Tension Ratios**

Negative occurs when the muscle lengthens

Positive occurs when the muscle shortens or contracts

Negative:Pause:Positive:Pause

example: 4 sets 10 **(4:0:1:0)**

4 seconds on the negative:

0 second pause on stretch:

1 second on the positive:

1 second pause on the contraction

## **Drop Set**

example 12,10,**8 drop 6**

Set 1 = 12 reps,

Set 2 = 10 reps,

Set 3 = 8 reps then drop to a lighter weight and complete 6 reps within the same set, no rest

## **Superset or Compound Set**

example: 4 sets **10/15**, 10/15, 10/15

Complete 10 reps of the first exercise, then 15 of the following exercise within the same set, no rest

## **Abbreviations**

DB = Dumbbell

BB = Barbell

# Rules

## **Failure**

example: 3 sets 10/**F**, 10/F, 10/F

This example shows the previous superset rule, but the second exercise reps would be 'until failure'

## **Rest Between Sets**

As a general rule, 40-60 seconds rest between sets

Keep in mind, my training is based 100% on the rep ranges I am trying to hit. The 40-60 second rest is a guideline to keep the pace but your priority is to be able to complete the required reps in the following set.

**Intensity does not = speed.** I'm not looking to keep my heart rate up based on rest periods. Rest long enough to complete the next set.

## **Rest Between Workouts**

No less than 3 days between leg workouts to allow for adequate recovery.

**All hand placement or leg stance is neutral or shoulder width unless otherwise noted**

**Workouts to be completed in order**

# week 1 | workout 1

**NARROW HACK SQUATS**

15,12,10,8,6

**WIDE LEG PRESS**

10,10,10 (3:0:1:0)

**LEG EXTENSION**

3 X MUSCLE ROUNDS

1 MR = 4X6 @15 RM WITH 10" PAUSE

**SINGLE LEG PRESS**

1 X 20

**LYING LEG CURL**

15,10,6 DROP 6 DROP 6 (2:0:1:1)

**SEATED LEG CURL**

4,4,4,4,4,4 (6:0:2:1)

**DB SPLIT SQUAT**

2 X 12 DROP 12

**SUPERSET**

**(SITTING CALF RAISE + DB TIBIALIS)**

3 X 20

# week 1 | workout 2

LYING LEG CURL ON ELBOWS

1 X 12 + REST PAUSE TILL 30 REPS

BB SQUATS

15,12,10,8

LEG PRESS

2 X MUSCLE ROUNDS

1 MR = 4X6 @15 RM WITH 10" PAUSE

ROMANIAN DEADLIFTS

15,12,10,8

BARBELL GLUTE BRIDGE

15,12(2:0:1:1)

SUPERSET

(ABDUCTORS + ADDUCTORS)

20,20,20

CALF EXTENSION USING LEG PRESS

RESTRICTION BLOOD FLOW

2 X 30,15,15,15 WITH 15" REST

SEATED CALF RAISE

RESTRICTION BLOOD FLOW

2 X 30,15,15,15 WITH 15" REST

# week 2 | workout 1

LYING LEG CURL

15,20,10,8

BANDED V SQUATS

8,10,12

BANDED LEG PRESS

6 x 8 (BANDS) DROP 8 (NO BANDS)

LEG EXTENSION

15,10,10,15 (2:0:1:1)

ADDUCTORS

12,12,12 (3:0:3:1)

HIGH HELL LEG PRESS

10,10,15,15

SINGLE LEG HIP EXTENSION

20,20

STANDING CALF RAISE

15,15,15,15,15

TIBIAL WITH BANDS

12,12,12,12,12

# week 2 | workout 2

SEATED LEG CURL

12,12,12 DROP 12

DEFICIT DEADLIFTS

10,10,10,10,10,10

GOOD MORNING

12,10,10,8 (2:2:2:0)

GHR WITH BANDS

6 X FAILURE

HACK SQUATS

12,10,10,8 (3:0:1:0)

UNILATERAL LEG EXTENSION

12,10,10,8,8

DB SISSY SQUATS

20,20,20

ABDUCTORS

20,20,20

LYING LEG CURL

3 X 10 DROP 10 DROP 10

SEATED CALF RAISE

6 X 10 DROP 10 DROP 10



# week 3 | workout 1

**BULGARIAN SPLIT SQUATS**  
20,20,15,15

**LYING LEG CURL**  
10,10,10,20 (2:0:1:1)

**BB SQUATS**  
8,8,8,8,8,8

**LEG PRESS (FEET HIGH AND CLOSE)**  
10,10,10,20 (2:1:1:0)

**DB STIFF LEG DEADS**  
12,12,12,12

**WALKING LUNGES (BODYWEIGHT)**  
2 X FAILURE

**ALTERNATING SINGLE LEG EXTENSION**  
15+15, MAX+MAX, MAX+MAX

**WALL SITS**  
3 X MAX

**ADDUCTORS**  
20,20,20

**STANDING CALF RAISE**  
6 X 10 DROP 10 DROP 10

# week 3 | workout 2

LYING DB HAM CURL  
3 X 12 REST PAUSE TILL 30

LEG PRESS  
15,12,10,8 (4:1:1:0)

BB SQUATS (HELLS ELEVATED)  
8,8,8 (2:2:1:0)

ROMANIAN DEADLIFT  
10,10,15,15,20,20

UNILATERAL LEG EXTENSION  
12,12 (4:0:1:0)

GLUTE HARD CONTRACTIONS  
3 X FAILURE

STANDING LEG CURL  
20,20,20 (4:0:1:0)

SINGLE LEG HYPEREXTENSIONS  
3 X MAX

**SUPERSET**  
**(ABDUCTORS + ADDUCTORS)**  
**20,20,20**

STANDING CALF RAISE  
20,20,10,10,6,6

# week 4 | workout 1

**BB SQUATS**

8,8,8,8,8

**LEG EXTENSION**

5 X 8/12 TO FAILURE

**LEG PRESS (HORIZONTAL)**

5 X 8/12 TO FAILURE

**FRONT SQUATS**

5 X 8/12 TO FAILURE (3:1:1:0)

**GLUTE MACHINE**

20,20,20 (2:0:1:2)

**BULGARIAN SPLIT SQUATS**

(BODYWEIGHT)

3 X MAX

**SUPERSET**

(STANDING CALF RAISE +  
SEATED CALF RAISE)

6 X 20

# week 4 | workout 2

**LYING LEG CURL ON ELBOWS**  
10,10,10,10

**BB SQUATS**  
8,8,8,8,8,8 DROP 8

**LEG EXTENSION**  
2 X MUSCLE ROUNDS  
1 MR = 4X6 @15 RM WITH 10" PAUSE

**SUMO DEADLIFTS**  
8,8,8,8,8,8 DROP 8

**STIFF LEF DEADS**  
20,20,20 (2:0:1:0)

**BANDED HGR**  
10,10,10,10,10

**GLUTE HYPERS WITH BANDS**  
3 X MAX

**STANDING CALF RAISE**  
12,12,12,12 (5:10:1:2)

# week 5 | workout 1

**LEG EXTENSION**

10,10,10,10 (4:0:1:3)

**LEG EXTENSION**

20,12,8+20 PARTIALS (2:0:1:1)

**BANDED LEG PRESS**

15,10,10 + FAILURE (3:0:1:0)

**DB SQUATS (HELLS ELEVATED)**

10,10,15,15 (3:1:1:0)

**SISSY SQUATS**

5 X 10 DROP 10

**WALKING LUNGES**

5 X FAILURE

**ABDUCTORS**

20,20,20,20 (3:0:3:1)

**SEATED CALF RAISE**

15,15,25,25,35,35 (4:0:1:4)

**DONKEY CALF RAISE**

8,8,8,8,8,8 (2:0:1:2)

# week 5 | workout 2

SITTING LEG CURL

12,12,12,12

BB SQUATS

10,10,10,10,10,10

BULGARIAN SPLIT SQUATS

4 x 10 + 10" 150 + 10 + 10" 150

STANDING CLAM WITH BANDS

20,20,20

BB HIP THRUST

10,10,10,10 (2:0:1:2)

SINGLE LEG DB ROMANIAN DEADS

10,10,10,10

SMITH SQUATS 1 + 1/2

1 REP = 1 COMPLETE REP + 1 HALF REP

4 X FAILURE

STANDING CALF RAISE

10,10,10,10,10,10 (2:0:1:2)

TIBIALS

15,15,15 (2:0:1:2)

# week 6 | workout 1

LYING LEG CURL  
8,8,8,8 DROP 10 (2:0:1:1)

FRONT SQUATS  
8,8,8,8,8,8,8,8

LEG PRESS  
50,40,30,20,10,10,20,30,40,50

LUNGES AT SMITH (1 LEG)  
3 X FAILURE

DB LEG CURL ON INCLINED BENCH  
15,15,15,15

UNILATERAL LEG EXTENSION  
3 X 10 DROP 10

STANDING CALF RAISE  
20,20,10,10 (2:0:1:2)

SEATED CALF RAISE  
20,20,10,10 (2:0:1:2)

# week 6 | workout 2

**SUMO BOX SQUAT**

5 x 8/10

**GLUTE MACHINE EXTENSIONS**

10,10,10,10 (2:0:1:2)

**REVERSE HYPEREXTENSIONS**

20,20,20,20 (2:0:1:2)

**STIFF LEG DEADS**

8,8,8,8

**ADDUCTORS**

15,15,15,15,15,15

**ABDUCTORS**

15,15,15,15,15,15

**WALKING LUNGES**

400 REPS

REST AS LOW AS POSSIBLE

**SEATED CALF RAISE**

10,10,20,20,30,30 (2:0:1:2)

**DB TIBIALIS**

20,20,20,20



# week 7 | workout 1

## LEG EXTENSION

12,10,8 DROP 10 DROP 12

## LEG PRESS (INSIDE SHOULDER WIDTH AND LOW STANCE)

10,8,6 DROP 8 DROP 10

## BB SQUATS (INSIDE SHOULDER WIDTH)

8,6,4 DROP 6 DROP 8

## HACK SISSY SQUATS (30'S)

3 SETS OF 30

FIRST 10 REPS - BOTTOM HALF OF REP

SECOND 10 REPS - TOP HALF OF REP

LAST 10 REPS - FULL RANGE OF MOTION REP

## ADDUCTOR MACHINE

8 SETS OF 8 (1:2:1:2)

## STANDING CALF RAISE (TOES POINTED IN)

6 SETS OF 4 (1:2:1:2)

## SEATED CALF RAISE (TOES POINTED OUT)

6 SETS OF 8 (1:2:1:2)

## BARBELL LEG EXTENSION

3 x 1 (1:0:1:15)

# week 7 | workout 2

SEATED LEG CURL (WIDE STANCE)  
12,10,8 DROP 10 DROP 12

DEFICIT STIFF LEG DEADS  
(FEET TOUCHING)  
10,8,6 DROP 8 DROP 10

RACK BB SEATED GOOD MORNINGS  
6 SETS OF 6 (1:2:1:0)

ABDUCTOR MACHINE  
12,10,8 DROP 10 DROP 12

BB HIP THRUST  
12,10,8 DROP 10 DROP 12

SMITH MACHINE SUMO SQUAT  
4 SETS OF 6 (1:2:1:0)

DUMBBELL SUMO SQUAT  
3 SETS OF 15 DROP 15 DROP 15

ABDUCTOR MACHINE  
4 SETS OF 4 (1:0:1:10)

DONKEY CALF  
4 SETS OF 10 DROP 10

# week 8 | workout 1

**BB SQUATS (HIGH BAR)**

**DEPTH AND CONSTANT TENSION**

15,15,12,10,8,6

**BALERINA SISSY SQUATS**

15,12,10,15

**LEG EXTENSION**

3 SETS OF 16 (RELAXED FEET)

3 SETS OF 16 (DORSI FLEXED FEET)

**SEATED LEG CURL**

15,15,15

**SINGLE LEG LYING LEG CURL**

15,12,12

**STANDING CALF RAISE /**

**BODYWEIGHT STANDING CALF RAISE**

1 SET OF 20 + FAILURE

2 SETS OF 15 + FAILURE

**SEATED CALF RAISE**

20,20,20

**ADDUCTOR MACHINE**

15,12,10,10

# week 8 | workout 2

LYING LEG CURL

6,8,10,12,15 (2:0:1:1)

HACK SQUATS

6,8,10,12,15 (2:0:1:1)

VERTICAL LEG PRESS

(ONLY MID PART OF MOVEMENT)

4 SETS OF 20 (1:0:1:0)

LEG EXTENSION

1 X MUSCLE ROUND

1 MR = 4X6 @15 RM WITH 10" PAUSE

SEATED LEG CURL

4 SETS OF 10 (3:0:3:1)

HIP EXTENSIONS

15,20,20,15

ADDUCTOR MACHINE

3 SETS OF 15

STANDING CALF RAISE

3 SETS OF 8 (10:2:5:2)

# week 9 | workout 1

## LYING LEG CURL

12 IN REST PAUSE TILL 30 REPS (2:0:1:1)

## LEG EXTENSION (TOES POINTED IN)

3 X MUSCLE ROUND

1 MR = 4X6 @15 RM WITH 10" PAUSE

## HACK SQUATS (NARROW STANCE)

15,15,15,10,10,10 (2:0:2:2)

## LEG PRESS (HIGH AND WIDE STANCE)

15,15,15,10,10,10 (2:0:2:2)

## SEATED LEG CURL

2 X MUSCLE ROUND

1 MR = 4X6 @15 RM WITH 10" PAUSE

## ADDUCTORS / ABDUCTORS MACHINE

3 SETS OF 20 / 20

## WALL SIT

3 X MAX

## STANDING CALF RAISE

2 X FAILURE (5:1:2:1)

## DB TIBIALIS

1 X FAILURE (5:1:2:1)

# week 9 | workout 2

**SQUATS AT SMITH MACHINE**

8,8,15,15 (2:0:1:1)

**HACK SQUATS**

8,8,15,15 (2:0:1:1)

**STIFF LEG DEADS**

15,15,8,8 (2:1:1:0)

**LEG EXTENSION**

3 SETS OF 12 (2:0:2:2)

**STANDING LEG CURL**

6 SETS OF 12 (2:0:2:2)

**BB GLUTE BRIDGE**

4 SETS OF 20 (2:0:2:2)

**ABDUCTOR MACHINE**

3 SETS OF 15

**SEATED CALF RAISE**

1 X FAILURE (10:2:5:2)

**DB TIBIALIS**

1 X FAILURE (10:2:5:2)

# week 10 | workout 1

LEG EXTENSION / LYING LEG CURL  
10 SETS OF 15 / 15

LEG PRESS  
5 SETS OF 10 HIGH WIDE STANCE  
5 SETS OF 10 LOW AND NARROW STANCE

WALKING LUNGES  
5 SETS OF 10 FORWARD  
5 SETS OF 10 BACKWARDS

HACK SQUATS  
15, 12, 10, 8

GOBLET SQUAT (WITH DEFICIT)  
USE 2 STEPS TO INCREASE ROM  
5 SETS OF 10 (2:0:1:2)

DONKEY CALF  
3 SETS OF 15

TIBIALIS WITH BANDS  
3 SETS OF 15

# week 10 | workout 2

**SEATED LEG CURL**

8,10,12,15 (3:0:3:1)

**HACK SQUATS**

8,10,12,15 (3:0:3:1)

**PENDULUM SQUATS**

3 SETS OF 10

**LYING LEG CURL**

3 SETS OF 10 + 8 LOW PARTIALS

**BB HIP THRUST**

3 SETS OF 10 + 8 LOW PARTIALS

**ADDUCTOR MACHINE**

4 SETS OF 10 + 15 PARTIALS (2:0:2:2)

**LEG PRESS CALF RAISE WITH BANDS**

2 SETS OF 10 + 15 PARTIALS (2:0:2:2)

TOES POINTED OUT

2 SETS OF 10 + 15 PARTIALS (2:0:2:2)

TOES POINTED IN

**STANDING CALF RAISE BODYWEIGHT**

1 X MAX



# week 11 | workout 1

**BB SQUATS**

10 SETS OF 10

**LYING LEG CURL**

6,6,6 DROP 20

**LEG EXTENSION**

6,6,6 DROP 20

**ROMANIAN DEADLIFT**

CONSTANT TENSION - GO UP TILL 3/4 OF TOTAL ROM

3 X 15

**DB SPLIT SQUATS**

4 SETS OF 10 WEIGHTED DROP 10 BODYWEIGHT

**WALL SIT**

3 X MAX

**ABDUCTORS MACHINE**

3 X 8 (2:0:1:5)

**ADDUCTORS MACHINE**

3 X 8 (2:0:1:5)

**SEATED CALF RAISE**

2 X 10 DROP 10 DROP 10 ... TILL COMPLETE FAILURE

# week 11 | workout 2

## LYING LEG CURL

(LIFT THE KNEES OF THE PAD AS YOU SQUEEZE  
FOR MAX CONTRACTION)

6 SETS OF 10

## ON THE SPOT LUNGE

4 SETS OF 15 (2:2:2:0)

## SINGLE LEG ELEVATED LEG CURL

BODYWEIGHT - FOCUS ON CONTRACTIONS

4 SETS OF 15 (2:0:1:2)

## SEATED LEG CURL

4 X 6 + 6 PARTIALS

## GLUTE THRUSTS

NEK LEVEL STYLE

4 X FAILURE

## ABDUCTORS MACHINE

3 X 20

## ADDUCTORS MACHINE

3 X 20

## LEG PRESS CALF RAISE

10 X 10

# week 12 | workout 1

## BB SQUATS

20,15,12,10,8,6,8,10

## HACK SQUATS

5 SETS OF 8/12 REPS

## STANDING LEG CURL

4 SETS OF 12 (3:0:1:2)

## LUNGES (HEAVY DUMBBELLS)

1 LEG AT A TIME

1 REP = 1 FORWARD 1 BACKWARD

4 SETS OF 8 REPS

## SISSY SQUATS

6 SETS OF 20 REPS

## QUADS HARD CONTRACTIONS

3 X MAX

## STANDING CALF RAISE

4 X 10

## SITTING CALF RAISE

4 X 10

# week 12 | workout 2

## LYING LEG CURL

4 SETS OF 20

LAST ONE TO COMPLETE FAILURE

## LEG PRESS (WIDE STANCE FEET HIGH)

4 SETS OF 20

LAST ONE TO COMPLETE FAILURE

## BB GLUTE BRIDGES

4 SETS OF 20 (2:0:1:1)

LAST ONE TO COMPLETE FAILURE

## SPLIT STANCE LONG STRIDE LUNGES INTO

## BANDED THICK BAND GOOD MORNINGS

4 SETS OF 20 / 20

LAST ONE TO COMPLETE FAILURE

## SEATED LEG CURL

3 SETS OF 21'S

EACH SET CONSISTS OF:

7 REPS LOW PARTIALS

7 REPS HIGH PARTIALS

7 COMPLETE REPS

## STANDING CALF RAISE

3 X 20 (3:0:1:2)

## DONKEY CALF RAISE

3 X 20 (3:0:1:2)

# week 13 | workout 1

## LEG EXTENSION

20,20,20

1 SET OF 15 DROP 8 DROP 15 TENSION X MAX

1 SET OF 10 DROP 10 DROP 10 (3:0:1:1)

## LEG PRESS (DUCK STANCE)

20,20,20

1 SET OF 15 DROP 10 + 6 PARTIALS

## V SQUATS

4 SETS OF 8

## DB SPLIT SQUAT (REAR FOOT ELEVATED)

2 SETS OF 15 REPS

## STIFF LEG DEADS ON SMITH MACHINE

3 SETS OF 12 REPS

## ADDUCTORS / ABDUCTORS MACHINE

3 SETS OF 15 / 15 (2:2:1:2)

## DONKEY CALF RAISE

3 SETS OF 8 DROP 15

## SEATED CALF RAISE

3 SETS OF 8 DROP 15

# week 13 | workout 2

LYING LEG CURL / STIFF LEF DEADS  
3 SETS OF 12 / 12 (3:0:1:1)

SEATED LEG CURL (TOES POINTED OUT)  
3 SETS OF 15  
1 SET OF 12 DROP 10 DROP 8

BB GOODMORNINGS WITH BANDS  
3 SETS OF 15

STANDING LEG CURL  
3 X MUSCLE ROUNDS  
1 MR = 4X6 @15 RM WITH 10" PAUSE

BOX STEP UPS  
3 SETS OF 15 (2:0:1:2)  
HARD SQUEEZE AT TOP

ABDUCTORS / ADDUCTORS  
3 SETS OF 30 / 30

SEATED CALF RAISE  
10 SETS OF 10 30" REST

# week 14 | workout 1

## UNILATERAL LEG EXTENSION

3 SETS OF 15 REPS - ALTERNATING WITH NO REST  
1 SET OF 8 REPS DROP 10 DROP 12  
(WITH BOTH LEGS)

## UNILATERAL LEG PRESS (FEET LOW)

6 SETS OF 8  
ALTERNATING WITH NO REST

## BB SQUATS

4 SETS OF 8 REPS

## SISSY SQUAT MACHINE

4 SETS OF 15  
LAST ONE TO COMPLETE FAILURE

## LEG EXTENSION

3 SETS OF 12 (2:0:1:2)

## SEATED CALF RAISE

6 X 10 (3:0:1:1)

## TIBIALS WITH BANDS

6 X 10 (3:0:1:1)

# week 14 | workout 2

**BANDED LYING LEG CURL**

12,12,12 DROP 8 DROP 8

**STIFF LEG DEADS ON BOX**

12,12,12 DROP 8 DROP 8

**WEIGHTED WALKING LUNGES**

3 SETS OF 20

ALTERNATING SHORT AND LONG STRIDES

**STANDING LEG CURLS**

3 SETS OF 10 (2:0:1:2)

**STIFF LEG DEADS**

1 SET OF 20

1 SET OF COMPLETE FAILURE

**ABDUCTORS / ADDUCTORS**

5 SETS OF 20 / 20

**STANDING CALF RAISE**

3 SETS OF 20

**SEATED CALF RAISE**

3 SETS OF 20



# week 15 | workout 1

**LEG EXTENSION / LEG CURL**  
3 SETS 15/20 REPS (2:0:EXPL:0)

**LEG PRESS**  
2 SETS OF 20 HIGH AND WIDE STANCE  
2 SETS OF 20 LOW AND NARROW STANCE

**SQUATS AT SMITH MACHINE**  
4 SETS OF 15 REPS  
INCOMPLETE MOVEMENT - PISTON STYLE

**DB GLUTE BRIDGE**  
3 SETS OF 12 (2:0:1:3)

**STEP UPS / BACK ROUNDED HYPER**  
6 SETS OF 15 / 15

**ABDUCTORS / ADDUCTORS**  
4 SETS OF 25 REPS (2:0:1:2)

**DB TIBIALS**  
6 X 10 (2:0:1:1)

**BODYWEIGHT CALF RAISE**  
1 SET TO COMPLETE FAILURE

# week 15 | workout 2

## ADDUCTORS

4 SETS OF 12

2 X 12 TILL 30 IN REST PAUSE

## ROMANIAN DEADLIFTS

5 SETS OF 5

2 SETS OF 5 DROP 5 DROP 5

## LYING LEG CURL /

## BANDED GOOD MORNING

3 SETS OF 15 DROP 15 + 6 PARTIALS /

10 BANDED GOODMORNINGS

## STIFF LEG DEADS /

## BB LUNGES (LONG STRIDES)

3 SETS OF 20 / 12 PER LEG ON LUNGES

## ABDUCTORS / ADDUCTORS

2 SETS OF 30 / 30 (2:0:1:3)

## STANDING CALF RAISE

2 SETS OF 40

## LEG PRESS CALF RAISE

2 SETS OF 40

# week 16 | workout 1

## LYING LEG CURL

3 X 8/12 + 2 FORCED REPS + 6 PARTIALS

## LEG EXTENSION

13 X 8/12 + 2 FORCED REPS + 6 PARTIALS

## BANDED LEG PRESS

15,12,10,8,6,6,6

## BANDED HACK SQUATS

15,12,10,8,6,6,6

## WALKING LUNGES

3 X FAILURE (5:0:1:1)

## ADDUCTORS

20,20,20,20

## ABDUCTORS

20,20,20,20

## DONKEY CALF

20,20,20

## DB TIBIALIS

20,20,20,20

## WALL SITS

2 X MAX

# week 16 | workout 2

SMITH SQUATS

8,8,8,15,15

STIFF LEG DEADS

8,8,8,15,15

STANDING LEG CURL

20,20,20,20 (2:0:1:1)

LEG EXTENSION

20,20,20,20 (2:0:1:1)

LEG PRESS (FEET HIGH)

15,15,10,10 (2:0:2:0)

GHR WITH BANDS

3 X 10 DROP 10

ADDUCTORS

20,20,20,20

STANDING CALF RAISE

20,20,20,20

DB TIBIALIS

20,20,20,

GLUTE HYPEREXTENSIONS

3 X MAX