



*Julian Smith* the  
**QUADGUY**

PRESENTS

ULTIMATE LEG TRAINER

INTERMEDIATE

**INTERMEDIATE** doesn't mean easier. This program is designed with the only goal to make your legs adapt to crazy stimulus and **GROW** to **ADAPT** to higher volume you were used to, further stretching, higher frequency and heavier loads.

**Don't be scared by the high volume workouts you saw on my "the daily pump", you will not land on those workouts from nowhere, i will make sure to grab your baby hand and make you walk by yourself through your legs puberty.**

## #ULTQUADGUY

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

## NGHR WITH LOAD

(PARTIAL MOVMENT IF YOU CAN'T COMPLETE A NORMAL REP)  
5 SETS OF 5 (SLOW AND CONTROLLED)

## LYING LEG CURL

5 SETS OF 8 (2:0:1:1)

## STIFF LEG DEADS

(HEELS TOGHETER)  
5 SETS OF 8 (2:0:2:0)

## BB SQUATS

5 SETS OF 5

## SMITH MACHINE GOOD MORNING

5 SETS OF 8 (2:0:2:0)

## ROMAN CHAIR SIT UPS

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

## SINGLE LEG DB CALF EXTENSION

2 X MAX (4:0:2:1)

## SEATED CALF RAISE

2 X MAX (4:0:2:1)

# week 1 | workout 2

## LEG EXTENSIONS

5 SETS OF 5 (2:0:1:1)

## FRONT SQUATS

5 SETS OF 5

## LEG PRESS

(LOW AND NARROW STANCE)

5 SETS OF 8 (2:0:2:0)

## WALKING LUNGES

(FORWARD)

2 X MAX

## ON PLACE LUNGES

(BACKWARDS)

2 X MAX

## LANDMINE SUMO SQUATS

(PULL TOES UP ON WAY TOP)

5 SETS OF 8

## DONKEY CALF RAISE

2 X MAX (4:0:2:1)

## LEG PRESS CALF EXTENSION

2 X MAX (4:0:2:1)

# week 2 | workout 1

## ADDUCTORS

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

## SUMO DEADLIFTS

5 SETS OF 5

## LEG PRESS

(NARROW STANCE AND FEET HIGH ON PLATFORM)

5 SETS OF 15 (1:0:1:0)

## JEFFERSON SQUATS

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

## KETTLEBEL WIDE LATERAL STEPS

3 SETS OF 15+15 (ONE SIDE AT A TIME)

## SWISS BALL LEG CURL /

## STIFF LEG DEADS

3 SETS OF 15 / 6

## GLUTE KICKBACKS WITH BAND

2 X MAX

## SEATED CALF RAISE

5 SETS OF 15 (3:0:3:0)

30 SECONDS REST

## TIBIALS WITH BANDS

5 SETS OF 15 (3:0:3:0)

30 SECONDS REST



# week 2 | workout 2

## ABDUCTORS

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

## BB SQUATS

5 SETS OF 5

## LEG EXTENSIONS

2 SETS OF 15 (2:0:1:0) TOES UP

2 SETS OF 15 (2:0:1:0) TOES DOWN

## PLATZ HACK SQUATS

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

## SINGLE LEG ROMANIAN DEADS

3 SETS OF 15+15 (ONE LEG AT A TIME)

## HIGH BOX STEP UPS

3 SETS OF 10+10 (ONE LEG AT A TIME)

## ISOMETRIC WALL SITS

3 X 2 MINUTES

## DB TIBIALS

5 SETS OF 15 (3:0:3:0)

30 SECONDS REST

## STANDING CALF RAISE

5 SETS OF 15 (3:0:3:0)

30 SECONDS REST



# week 3 | workout 1

## LEG EXTENSIONS

20,15,10,5 (2:0:1:1)

## LANDMINE SUMO SQUATS

10,15,20,15,10 (2:0:2:1)

## HIP THRUSTS

20,15,10,15,20

## STIFF LEG DEADS

6 SETS OF 6

## SPLIT SQUATS

6 SETS OF 8

## LYING LEG CURL

(ON ELBOWS)

20,15,10,5 (2:0:1:1)

## ADDUCTORS

10,15,20,15,10 (2:0:2:1)

## SINGLE LEG DB CALF EXTENSION

10,15,20,15,10 (2:0:2:1)

## HEAVY FARMER WALKS

3 X MAX

# week 3 | workout 2

## STANDING LEG CURL

20,15,10,5 (2:0:1:1)

## BB SQUATS

LARGE STANCE

10,15,20,15,10 (2:0:2:1)

## LEG PRESS

20,15,10,15,20 (2:1:1:0)

## LEG EXTENSIONS

6 SETS OF 6 (4:0:2:1)

## SPLIT SQUAT JUMPS

6 SETS OF 8

## REVERSE LUNGES

2 X MAX

## ABDUCTORS

10,15,20,15,10 (2:0:2:1)

## CALF RAISE ON LEG PRESS

(ONE LEG AT A TIME)

4 X MAX

(AS SOON AS YOU REACH FAILURE  
WITH 1 LEG, START WITH THE OTHER ONE.  
DO THIS FOR 4 TIMES)

# week 4 | workout 1

## UNILATERAL LEG EXTENSION

3 SETS OF 10 (ONE LEG AT A TIME, NO REST)

## HEXBAR SQUATS

(NARROW STANCE)

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

## SMITH MACHINE SUMO SQUATS

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

## WALKING DBS DEADLIFTS

2 X MAX

## KNEE JUMPS

2 X MAX

## LEG PRESS CALF RAISE

2 SETS OF 15 (2:0:2:2) TOES OUTWARD

2 SETS OF 15 (2:0:2:2) TOES INWARD

## SEATED CALF RAISE

2 SETS OF 15 (2:0:2:2) TOES OUTWARD

2 SETS OF 15 (2:0:2:2) TOES INWARD

## BODYWEIGHT CALF RAISE

2 X MAX

# week 4 | workout 2

## UNILATERAL SEATED LEG CURL

3 SETS OF 10 (ONE LEG AT A TIME, NO REST)

## BB SQUAT

(WIDE STANCE)

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

## SMITH MACHINE SISSY SQUATS

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

## WALKING LUNGES

2 X MAX

## SWISS BALL LEG CURL

2 X MAX

## LEG EXTENSIONS

2 SETS OF 15 (2:0:2:2) TOES UP  
2 SETS OF 15 (2:0:2:2) TOES DOWN

## TIBIALS WITH BANDS

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

## BODYWEIGHT CALF RAISE

2 X MAX

# week 5 | workout 1

## WALKING LUNGES

1 X 20 (BODYWEIGHT)

3 SETS OF 20 (GOING UP EXPLOSIVE)

## STIFF LEG DEADLIFTS

4 SETS OF 12 (CONTINUOUS TENSION)

## PLATZ HACK SQUATS

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

## WIDE KETTLEBELL LATERAL STEPS

4 SETS OF 15 STEPS RIGHT + 15 STEPS LEFT

## REVERSE LUNGES

4 SETS OF 15+15

## REVERSE DECLINE BENCH

### DB LEG RAISE

4 SETS OF 10 (5:0:2:1)

### ADDUCTORS

4 SETS OF 10 (5:0:2:1)

## STANDING CALF RAISE

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

### DB TIBIALS

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

# week 5 | workout 2

## REVERSE LUNGES

1 X 20 (BODYWEIGHT)

3 SETS OF 20 (GOING UP EXPLOSIVE)

## BB SQUATS

4 SETS OF 12 (CONTINUOUS TENSION)

## VERTICAL LEG PRESS

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

## HIGH BOX STEP UPS

4 SETS OF 10 STEPS RIGHT + 10 STEPS LEFT

## WALKING LUNGES

2 SETS OF 15+15

## LEG EXTENSIONS

4 SETS OF 10 (5:0:2:1)

## ABDUCTORS

4 SETS OF 10 (5:0:2:1)

## TIBIALS WITH BANDS

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

## DONKEY CALF RAISE

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

# week 6 | workout 1

## LYING LEG CURL

1 AND 1/2 TECHNIQUE

1 REP = 1 COMPLETE REP + 1 LOW PARTIAL

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

## DBS SQUATS WITH DEFICIT

6 SETS OF 8 (2:2:1:0)

## GLUTE KICKBACKS MACHINE

6 SETS OF 8 (2:0:1:2)

## LEG PRESS

1 AND 1/2 TECHNIQUE

1 REP = 1 COMPLETE REP + 1 LOW PARTIAL

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

## STANDING LEG CURL

3 X 20 DROP 10 DROP 5

## ISOMETRIC SWISS BALL CURL

3 X MAX

## DONKEY CALF RAISE

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

## TIBIALS WITH BAND

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



# week 6 | workout 2

## LEG EXTENSIONS

1 AND 1/2 TECHNIQUE

1 REP = 1 COMPLETE REP + 1 LOW PARTIAL

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

## BB SQUATS

10 SETS OF 6 (2:0:1:0)

## ADDUCTORS

3 SETS OF 8 (2:0:1:2)

## SMITH MACHINE SQUATS

1 AND 1/2 TECHNIQUE

1 REP = 1 COMPLETE REP + 1 LOW PARTIAL

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

## EXPLOSIVE JUMPS

3 X 10 DROP 5

## ISOMETRIC WALL SITS

3 X MAX

## DB TIBIALS

6 SETS OF 15 (3:0:1:1)

## LEG PRESS CALF RAISE

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

# week 7 | workout 1

## DEADLIFTS

5 SETS OF 5 (EXPLOSIVE)

## SINGLE LEG SEATED LEG CURL

4 SETS OF 8 (2:0:1:2) NO REST

## SINGLE LEG LYING LEG CURL

3 SETS OF 15 (2:0:1:2) NO REST

## STIFF LEG DEADS WITH BANDS

3 SETS OF 10

## LEG PRESS

(HIGH AND WIDE STANCE)

10,8,6,6 DROP 4 DROP 4

## UNILATERAL LEG EXTENSIONS

2 SETS OF 12 DROP 4 DROP 4 DROP 4

## ADDUCTORS

2 SETS OF 8 DROP 6 DROP 6 DROP 6

## ABDUCTORS

2 SETS OF 8 DROP 6 DROP 6 DROP 6

## STANDING CALF RAISE

4 SETS OF 20 DROP 10 DROP 10 DROP 10

# week 7 | workout 2

## BB SQUATS

5 SETS OF 5 (EXPLOSIVE)

## BULGARIAN SPLIT SQUATS

4 SETS OF 8 (2:0:1:0) NO REST

## UNILATERAL LEG EXTENSION

3 SETS OF 15 (2:0:1:2) NO REST

## SMITH MACHINE SISSY SQUATS

3 SETS OF 10

## LEG PRESS

(LOW AND CLOSE STANCE)

20,15,12,10 DROP 8 DROP 8

## CABLE LEG CURL WITH BAND

2 X MAX

## WALKING LUNGES INTO SQUATS

AFTER EACH LUNGE REP, YOU DO 1 SQUAT REP,  
THEN LUNGE AGAIN

2 X COMPLETE FAILURE

## TIBIALS WITH DB

4 SETS OF 15 DROP 10 DROP 10

# week 8 | workout 1

## EZ BAR LEG EXTENSIONS

(WITH HARD CONTRACTIONS ON TOP)

4 SETS OF 10 WITH 10" ISO ON EACH REP

(2:0:1:10)

## LANDMINE SQUATS

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

## LEG PRESS

2 SETS OF 10 (HIGH WIDE STANCE)

2 SETS OF 10 (LOW NARROW STANCE)

1 SETS OF 20 REST PAUSE TILL 50 (REGULAR)

## JEFFERSON SQUATS

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

## CABLE KICKBACKS

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

## WALKING DBS DEADLIFTS

2 X MAX

## HEAVY FARMER WALKS

2 X FAILURE DROP FAILURE (30% LESS)

## TIBIALS WITH BANDS

2 X MAX

# week 8 | workout 2

## STANDING LEG CURL WITH BAND

(WITH HARD CONTRACTIONS ON TOP)

4 SETS OF 10 WITH 10" ISO ON EACH REP

(2:0:1:10)

## FRONT SQUATS

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

## HACK SQUAT

2 SETS OF 10 (WIDE STANCE)

2 SETS OF 10 (NARROW STANCE)

1 SETS OF 20 REST PAUSE TILL 50 (REGULAR)

## LEG PUSHES

### ON ASSISTED DIPS MACHINE

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

## SWISS BALL WALL SQUATS

3 X MAX - 20" REST - MAX

## LANDMINE SUMO SQUATS

AT THE END OF EACH REP CONTRACT GLUTES

AS HARD AS YOU CAN FOR 3 SECONDS

4 SETS OF 12

## DONKEY CALF RAISE

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

## SEATED CALF RAISE

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

# week 9 | workout 1

## SEATED LEG CURL

(FEET WIDE)

3 SETS OF 12

(4:0:1:2)

## BB GOOD MORNING

FEET TOUCHING AND TOES OUTWARD

## / STIFF LEG DEADS

WIDE STANCE

6 SETS OF 8 (3:3:1:0)

## SMITH MACHINE SPLIT SQUAT

4 SETS OF 10 + 10" 150 (2 DROPS)

## BB HIP THRUST / GLUTE MACHINE

4 SETS OF 12+12

## NGHR WITH BANDS

(START USING 1 BAND, THEN ADD A SECOND  
AFTER THE FIRST 6 REPS)

3 SETS OF 6 DROP 6

## ADDUCTORS

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

## ABDUCTORS

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

## LEG PRESS CALF RAISE

2 SETS OF 20 (3:0:3:2)

# week 9 | workout 2

## LEG EXTENSIONS

2 SETS OF 12 (WIDE STANCE) (4:0:1:2)  
2 SETS OF 12 (CLOSE STANCE) (4:0:1:2)

## ROMAN CHAIR SIT UPS

FEET TOUCHING AND TOES OUTWARD

## / BB SQUATS

WIDE STANCE

6 SETS OF 8 (3:1:1:0)

## ZERCHER SQUATS

2 SETS OF 20

## ON PLACE LUNGES

4 SETS OF 12+12

## EXPLOSIVE SPRAWLS

3 X MAX

## LYING LEG CURL

4 SETS OF 12 DROP 10 DROP 6 (3:0:1:1)

## ISOMETRIC WALL SITS

3 X MAX

## TIBIALS WITH BANDS

2 SETS OF 20 (3:0:3:2)



# week 10 | workout 1

**STIFF LEG DEADS WITH DEFICIT**

(WIDE STANCE)

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

**LYING LEG CURL**

5 SETS OF 10 (5:0:1:0)

**LEG PRESS**

FEET TOUCHING

5 SETS OF 6 (5:5:1:0)

**CLOSE VGRIP CABLE FRONT SQUATS**

20,15,10, FAILURE

**ABDUCTOR MACHINE /**

**SMITH MACHINE SISSY SQUATS**

20/20,15/15,10/10, FAILURE/FAILURE

**WALKING DB DEADLIFTS**

200 REPS, IN REST PAUSE (AS LOW AS POSSIBLE)

**DB TIBIALS /**

**DONKEY CALF RAISE**

20/20,15/15,10/10, FAILURE/FAILURE

# week 10 | workout 2

## BB SQUATS

(WIDE STANCE)

4 SETS OF 8 (3:0:1:0)

## SMITH MACHINE SQUATS

(FEET FORWARD)

5 SETS OF 10 (5:0:1:0)

## LEG PRESS

5 SETS OF 6 (5:5:1:0)

## SISSY SQUATS /

## LEG EXTENSIONS

20/20, 15/15, 10/10, FAILURE/FAILURE

## ADDUCTOR MACHINE /

## HACK SQUAT

20/20, 15/15, 10/10, FAILURE/FAILURE

## BODYWEIGHT LUNGES

500 REPS, IN REST PAUSE (AS LOW AS POSSIBLE)

## SEATED CALF RAISE /

## LEG PRESS CALF RAISE

20/20, 15/15, 10/10, FAILURE/FAILURE

# week 11 | workout 1

## LYING LEG CURL

(ON ELBOWS)

4 X 8/12 (2:0:1:2)

## ROMANIAN DEADLIFT

6 SETS OF 6 DROP 6

## SMITH MACHINE SUMO SQUATS

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

1 SET TO COMPLETE FAILURE

## SWISS BALL LEG CURL /

## STIFF LEG DEADS

(HARD GLUTE CONTRACTION ON BOTH FOR 1 SECOND)

4 SETS OF 15 / 6 (2:0:1:1)

## ABDUCTOR MACHINE /

## SINGLE LEG GLUTE BRIDGE

(HARD GLUTE CONTRACTION ON BOTH FOR 1 SECOND)

20/20, 15/15, 15/15, 10/10 (2:0:1:1)

## DONKEY CALF RAISE /

## TIBIALS WITH BAND

20/20, 15/15, 15/15, 10/10

# week 11 | workout 2

## LEG EXTENSIONS

2 X 8/12 (2:0:1:2)

1 X 8' DROP 8' DROP FAILURE

## BB SQUATS

(NARROW STANCE)

6 SETS OF 6 DROP 6

## SMITH MACHINE FRONT SQUATS

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

1 SET TO COMPLETE FAILURE

## HIGH BOX STEP UPS / ISOMETRIC WALL SITS

(ALTERNATING LEGS ON STEP UPS)

4 SETS OF 10/MAX

## ADDUCTOR MACHINE /

### KNEE JUMPS

20/20, 15/15, 15/15, 10/10

## DB TIBIALS /

### SEATED CALF RAISE

20/20, 15/15, 15/15, 10/10

# week 12 | workout 1

## CABLE GLUTE KICKBACKS

3 x 15 (2:0:1:2)

## NORDIC CURL WITH STICK

6 SETS OF 6 + 10" 150 HOLD

## STIFF LEG DEADS / ABDUCTORS

4 SETS OF 10/20 (2:0:1:1)

## PLATZ HACK SQUATS /

## JEFFERSON SQUATS

4 SETS OF 10/20 (2:0:1:1)

## REVERSE LUNGES

300 REPS, REST AS LOW AS POSSIBLE

## DB SUMO DEADLIFT

20,20,30,30,10,10

## LEG PRESS CALF RAISE

40,30,20,15,10 (3:0:2:1)

## BODYWEIGHT CALF RAISE

40,30,20,15 (2:0:1:1)

10 IN REST PAUSE TILL 100 REPS,

REST AS LOW AS POSSIBLE

# week 12 | workout 2

**LEG PRESS**  
(REGULAR STANCE)  
50,40,30,20,10

**SMITH MACHINE SISSY SQUAT**  
6 SETS OF 6 + 10" ISO HOLD

**BB SQUATS / ADDUCTORS**  
4 SETS OF 10/20 (2:0:1:1)

**PLATZ HACK SQUATS /**  
**LEG EXTENSIONS**  
4 SETS OF 10/20 (2:0:1:1)

**WALKING LUNGES**  
500 REPS, REST AS LOW AS POSSIBLE

**EXPLOSIVE JUMPS**  
1 X MAX

**DB TIBIALS**  
40,30,20,15,10 (3:0:2:1)

**BODYWEIGHT CALF RAISE**  
3 SETS OF 100 REPS IN REST PAUSE  
REST AS LOW AS POSSIBLE

# week 13 | workout 1

## SMITH MACHINE SUMO SQUATS

TOES OUTWARD  
8 SETS OF 8 (2:1:1:0)

## DB SPLIT SQUATS

4 SETS OF 15  
1 SET OF 10 DROP 10 DROP 10

## SINGLE LEG ROMANIAN DEADS

ONE LEG AT A TIME  
4 SETS OF 10+10

## LEG EXTENSIONS /

## SEATED LEG CURL

4 SETS OF 20/10 (2:0:1:1)

## SMITH MACHINE GOOD MORNING

4 SETS OF 10 (2:02:0)

## BANDS LATERAL STEPS

3 X MAX

## SMITH MACHINE CALF RAISE

4 SETS OF 30 (2:0:1:2)



# week 13 | workout 2

## SMITH MACHINE SISSY SQUATS

8 SETS OF 8 (2:1:1:0)

## ADDUCTORS

2 SETS OF 15

2 SET OF 10 DROP 10 DROP 10

## SINGLE LEG

## SMITH MACHINE SQUATS

ONE LEG AT A TIME

4 SETS OF 10+10

## STANDING LEG CURL /

## LEG EXTENSIONS

4 SETS OF 10/20 (2:0:1:1)

## LANDMINE SUMO SQUATS

PULL TOES UP ON WAY UP

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

## SPRINTS ON PLACE

3 X MAX

## SEATED CALF RAISE /

## DB TIBIALS /

## DONKEY CALF RAISE

3 SETS OF 20/20/20

# week 14 | workout 1

**LYING LEG CURL**

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

**DEADLIFTS WITH DEFICIT**

5 SETS OF 5

**STIFF LEG DEADS**

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

**BB SUMO SQUATS**

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

**HIP THRUSTS**

(WIDE STANCE AND PUSH WITH HEELS)

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

**HIGH HACK PRESS**

25,20,20,15,10

**SINGLE LEG ANGLE PRESS**

(PYSTON LIKE EXECUTION)

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

**ABDUCTORS**

3 SETS OF 30

# week 14 | workout 2

## LEG EXTENSIONS

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

## SMITH MACHINE BB SQUATS FROM DEADSTART

(RERACK THE WEIGHT EVERY REP AND  
REPUSH AS EXPLOSIVE AS POSSIBLE)

5 SETS OF 5

## ROMAN CHAIR SIT UPS

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

## VERTICAL LEG PRESS

6 SETS OF 8 (2:2:1:0)

## SWISS BALL SQUATS

(PUSH WITH HEELS)

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

## BODYWEIGHT LEG EXTENSIONS

25,20,20,15,10 (30S REST)

## CLAMS WITH BANDS

(PYSTON LIKE EXECUTION)

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

## ADDUCTORS

3 SETS OF 30

# week 15 | workout 1

**SEATED LEG CURL**

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

**300 REPS**

**DB SUMO SQUATS /**

**LEG PRESS (WIDE STANCE)**

10 SETS OF 10/20 (2:0:1:0)

120 SECOND REST

**300 REPS**

**STIFF LEG DEADS /**

**SWISS BALL LEG CURL**

10 SETS OF 10/20 (2:0:1:0)

120 SECOND REST

**GLUTE KICKBACKS**

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

10 SECONDS REST

**SEATED CALF RAISE**

5 SETS OF 20 (2:2:2:2)

**ABDUCTORS / ADDUCTORS**

5 SETS OF 20/20 (2:2:2:2)

# week 15 | workout 2

## QUAD EXTENSIONS

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

## 300 REPS

## BB SQUATS / LEG PRESS

10 SETS OF 10/20 (2:0:1:0)

120 SECOND REST

## 300 REPS

## HACK SQUATS / WALKING LUNGES

10 SETS OF 10/20 (2:0:1:0)

120 SECOND REST

## SUMO SQUATS

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

10 SECONDS REST

## STANDING CALF RAISE

5 SETS OF 20 (2:2:2:2)

## DB TIBIALS

5 SETS OF 20 (2:2:2:2)

# week 16 | workout 1

## NGHR WITH LOAD

(PARTIAL MOVMENT IF YOU CAN'T COMPLETE A NORMAL REP)  
7 SETS OF 5 (SLOW AND CONTROLLED)

## LYING LEG CURL

6 SETS OF 8 (2:0:1:1)  
1 SET OF 8 REST PAUSE TILL 30

## STIFF LEG DEADS

(HEELS TOGHETER)  
6 SETS OF 8 (2:0:2:0)

## BB SQUATS

6 SETS OF 5  
1 SET OF 5 REST PAUSE TILL 20 REPS.

## SMITH MACHINE GOOD MORNING

5 SETS OF 10 (2:0:2:0)

## ROMAN CHAIR SIT UPS

2 SETS OF 20 DROP 10 (2:0:2:0)

## SINGLE LEG DB CALF EXTENSION

1 AND 1/2 TECHNIQUE  
1 REP = 1 COMPLETE REP + 1 LOW PARTIAL  
2 X MAX (4:0:2:1)

## SEATED CALF RAISE

2 X MAX DROP MAX (4:0:2:1)

# week 16 | workout 2

## LEG EXTENSIONS

7 SETS OF 5 (2:0:1:1)

## FRONT SQUATS

6 SETS OF 5

1 SET OF 5 REST PAUSE TILL 20

## LEG PRESS

(LOW AND NARROW STANCE)

6 SETS OF 8 (2:0:2:0)

## WALKING LUNGES

(FORWARD)

2 X MAX

## ON PLACE LUNGES WITH HOPS

(BACKWARDS - DO A SMALL HOP EACH REP)

2 X MAX

## LANDMINE SUMO SQUATS

(PULL TOES UP ON WAY TOP)

5 SETS OF 8

1 SET OF 8 REST PAUSE TILL 30

## DONKEY CALF RAISE

2 X MAX DROP MAX (4:0:2:1)

## LEG PRESS CALF EXTENSION

1 AND 1/2 TECHNIQUE

1 REP = 1 COMPLETE REP + 1 LOW PARTIAL

2 X MAX (4:0:2:1)