

Legs

Thursday • Legs Workout

60-90 min/session | 5-6 days/week | 3-5 sets/exercise | 6-12 reps compound, 10-15 reps isolation

Rest: 60-90 sec (isolation) / 2-3 min (compound)

#	EXERCISE	SETS x REPS
1	Back Squat	4 x 6-8
2	Leg Press	4 x 10
3	Romanian Deadlift	4 x 8-10
4	Walking Lunges	3 x 12
5	Leg Extension	3 x 15
6	Leg Curl	3 x 15
7	Standing Calf Raise	5 x 15-20

TRAINER RECOMMENDATIONS

- Lift heavy with strict form
- Prioritize compound movements
- Eat enough protein: 1.6-2.2 g per kg of body weight
- Sleep 7-9 hours every night
- Track every workout and progress every week