



# LEG DAY

FOR SIZE  
AND  
STRENGTH



# LEG DAY

EXERCISE	SETS	REPITIONS	REST (MIN)	NOTES
LOW-BAR BACK SQUAT	4	5	2-3	<ul style="list-style-type: none"> <li>Maintain a neutral spine.</li> </ul>
FRONT SQUAT	3-4	10	2	<ul style="list-style-type: none"> <li>Keep your elbows and chest up.</li> </ul>
BARBELL CALF RAISES	3	20	1	<ul style="list-style-type: none"> <li>Squeeze the calf at the top for 1-2 sec each rep.</li> </ul>
STIFF-LEG DUMBBELL DEADLIFTS	3-4	12	1-2	<ul style="list-style-type: none"> <li>Push your rear backwards, your knees dont move.</li> <li>Focus on tension on the hamstrings not the weight.</li> </ul>

# LEG FORM

## BARBELL CALF RAISE



- Stance is no wider than hip-width.
- Bar rests on your upper trap, the grip is outside of the shoulders.
- Optional: Step on a plate to increase ROM and stretch on the bottom.

## STANDING SPLIT SQUAT



- Staggered stance, point the back toe.
- Weight shift your body over the forward foot.
- If needed start with body-weight or light dumbbells.
- Brace your core and glutes.

## GOBLET SQUAT



- Grab the side of the dumbbell or kettlebell with both hands.
- Rest the weight on your chest.
- Squat directly in between your knees.

# LEG FORM

## STIFF-LEG DEADLIFTS



- Stance no wider than hip-width.
- Unlock your knees and hinge at the hip. Keep spine neutral.
- Without moving your knees, push your rear back while lowering the weight.

## FRONT SQUAT



- Grip is outside shoulder width. Shoot your elbows forward.
- Brace your core, keep your chest up and knees out.
- Touch your hamstrings to your calves each rep.
- Keep your heel on the floor.

## LOW-BAR BACK SQUAT



- Grip the bar outside of shoulder-width.
- Feet should be under shoulders or slightly wider with feet forward or out.
- Brace your core and do not allow your knees to cave in.