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Gym workout for legs pdf

Gym leg program. Gym body legs.

Chest | Back | Shoulders | Biceps | Triceps | Legs | Abs With so many choices of how to train the lower body, it's no wonder that so many lifters feel overwhelmed and skip leg day entirely. (That's your excuse, right?) This list will give you clarity, but you'll still have to work! Almost across the board, multijoint or "compound" exercises top this list. Why? In addition to recruiting more muscle mass, these exercises generate greater release of the muscle-building hormones testosterone and growth hormone. Here are the other standards we used to make our selections: Ease of learning and performing Total muscle stimulation and intensity Popularity among diehard lifters and bodybuilders (This matters!) Availability of equipment in commercial gyms Build around these movements, and you can create more efficient, effective leg workouts. And with three complete workouts we've included for you, you have no more excuses. Get educated and get to work! Why it's on the list: Squats are king because they're the most challenging leg movement you can do. They work all the lower-body musculature and have been shown to spike muscle-building hormone release. In fact, squatting before doing curls has even been shown to significantly improve arm strength! Don't laugh: Powerlifter and bodybuilder Layne Norton, Ph.D., pairs the two moves in his Legs and Arms Blast workout. High bar or low bar? That's up to you and your goals. High bar, where the bar rests atop the traps, hits all the leg musculature fairly evenly. Low bar, a favorite of powerlifters, targets the glutes and allows you to lift more weight. Not sure which? Choose the variation that allows you to squat deeper, more comfortably, and without excessively rounding your back. Back Squat Variations for Leg Development: In your workout: For leg growth, do this movement first with several light warm-up sets, pyramiding up in weight, before attempting your heaviest weight for multiple sets. Classic rep schemes like 5x3 or 3x8-10 work great. Don't be afraid to belt up if you're going heavy. Why it's on the list: Shifting the bar from the back to the front of the body changes your squat dramatically. Front squats emphasize the quads over the glutes and hams, which means you'll sacrifice some of the load. It also helps you maintain a more vertical torso position, which can help increase squat depth and perhaps decrease the risk of lower back injury. Front squats also demand—and build—serious upper back and core strength.

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Those benefits also apply to variations like dumbbell front squats and goblet squats. Think you're too strong for goblets? Strength coach and physical therapist John Rusin requests that you do half your body weight for 20 reps and reconsider. Front Squat Variations for Leg Development: In your workout: These are brutally hard, so do them first, when your energy levels are highest, for 3-4 sets of 6-10 reps. Favor the lower end if you're looking to build strength. Why it's on the list: Movements like snatches and power cleans take some serious dedication and technique to master, but they can be unrivaled when you are trying to improve jumping power for sports or even squat strength. In fact, one study found a nearly 10 percent greater improvement in squat 1RM after following an Olympic-based program compared to a traditional powerlifting program. While the rep ranges for these lifts aren't usually in the "golden" range for hypertrophy, the large amount of muscle mass used and higher intensities may still increase testosterone release. If you're just learning, there are plenty of progression lifts to help you get to the full lifts. Olympic Lift Variations for Leg Development: In your workout: These exercises require absolute concentration on technique and body position. They should be your very first exercise of the day, and if you're getting serious or going heavy, investing in some knee sleeves is a good idea. Stick to reps of 2-3, and add volume by doing more sets, moving up from 3-8. If you're not ready for the real-deal lifts but want the same benefits, check out Lee Boyce's article, "Olympic Lifts for the Rest of Us." Why it's on the list: Deadlift variations are rightfully considered whole-body exercises, specifically for the posterior chain. But research has shown that along with the hamstrings and glutes, they definitely hit the quads, as well—especially if you pull with a wider or sumo-style stance. Deadlift Variations for Leg Development: In your workout: For bodybuilders, the deadlift is commonly trained as part of back day. If you're training it with legs, you probably won't be able to go too heavy—keep the reps moderate, at least 5-8 reps per set, hit them after squats, and stop each set short of failure. Why it's on the list: Done right, split squats—particularly rear-foot-elevated or "Bulgarian" split squats—are devastating to your legs. In fact, EMG evidence suggests that 4 sets using your 10-rep max with Bulgarians create similar quad activation to back squats. The same study also found similar testosterone responses between Bulgarians and back squats! Nevertheless, split squats are deceptively difficult, partly because of balance and partly because you're training one side at a time. And when you raise your rear foot in a so-called Bulgarian split squat, everything gets tougher. If balance is holding you back, you can just drop your back foot, hold onto a stable object, or even perform them in the Smith machine. Split Squat Variations for Leg Development: In your workout: These work best toward the middle of a leg session. Do 3-4 sets of 8-12 reps per leg, and go for close to muscular failure on each set. If you really want to bring up the intensity, try bodyweight Bulgarians with blood flow restriction (BFR). Why it's on the list: A knock against machine-based leg exercises is that the hormone boost they generate just doesn't compare to free weights. But that's not a reason not to do them! It just means do them later in your leg workout when you're already fatigued. One of the primary benefits of the hack squat is that you can manipulate foot placement, which is why fitness model Julian "The Quad Guy" Smith considers them one of his signature moves for legs.

HOW TO WORKOUT WHEN YOU HAVE KNEE PAIN

@chadhargrove1

More Pressure On Your Heel (and focus on vertical shin)

Knee Over Toes Vertical shin More pressure on heel

Hip Mobility

Less Squats. More Hips

Work Core

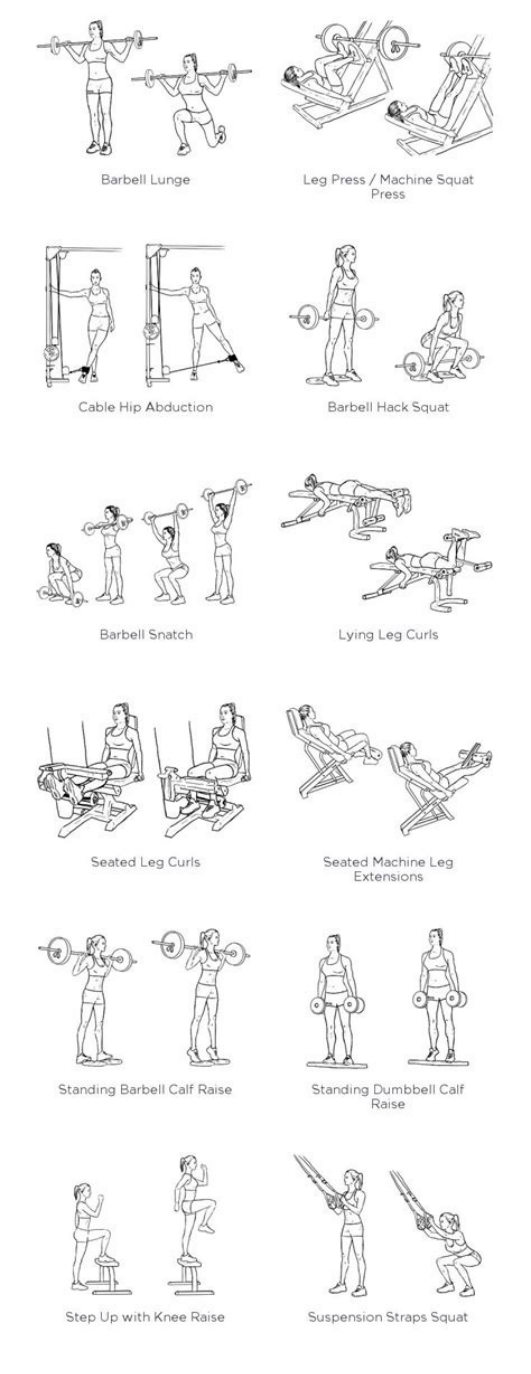
Quit Doing What Hurts

Squats? Running? Lunges?

Single Limb Exercises

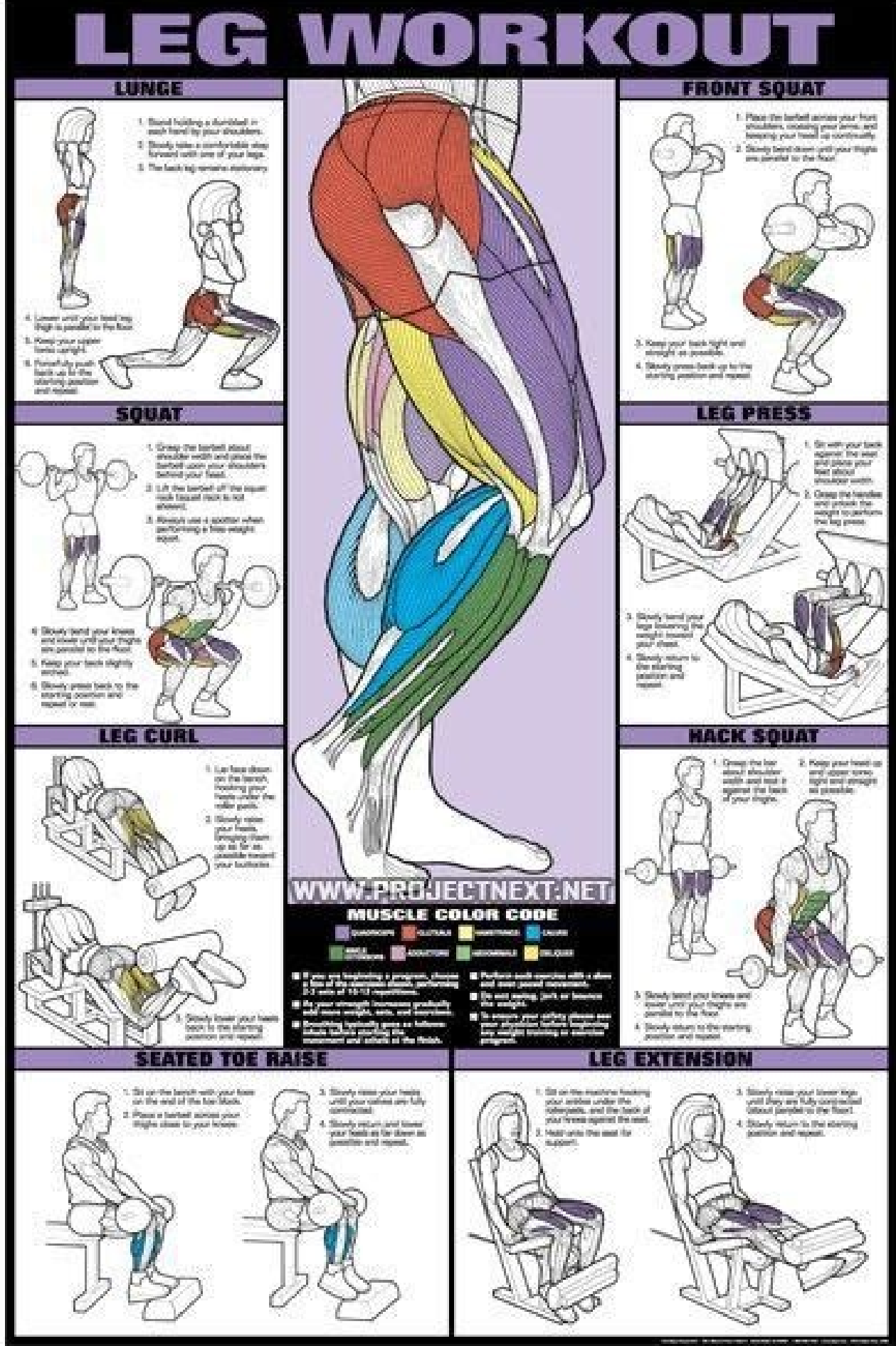
A high placement allows you to descend farther, which emphasizes the glutes and hamstrings. A lower placement means the quads take up a greater percentage of the workload. It's also easier to use advanced intensity techniques like forced reps and dropsets, because you can change weight quickly and aren't balancing a barbell. Hack Squat Variations for Leg Development: Hack squat Single-leg hack squat Narrow-stance hack squat In your workout: Hack squats are typically done after free-weight exercises and before single-joint leg movements. The sweet spot is somewhere around 3 sets of 8-12 reps, although if you're following a program built by a hack devotee like Kris Gethin in his 8-Week Hardcore training plan, you can expect that to go up to 20-30 reps and beyond. Consider yourself warned! Why it's on the list: Like all the movements listed thus far, lunges involve hip and knee extension, which gives you the stimulus for both the thighs and glutes. Another advantage: They can be done weighted in traditional muscle-building rep ranges, with dumbbells or a barbell, or with body weight alone for higher reps. How high?

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That's up to you—and your program. Strength and muscle-building coach Paul Carter's bodyweight program Jacked at Home starts off a workout each week with triple-digit walking lunges. You read that right.



Give it a try if you want to see how thin the line between strength training and cardio can be. Lunge Variations for Leg Development: In your workout: In a traditional leg day, do 3 sets of 8-20 reps per side, going higher the later it is in your routine. As you reach muscle failure, jettison any weights and do a few more reps without them, like you would in a dropset.

6 DAY SPLIT

PUSH

FLAT BENCH 5 x 5
INCLINE BENCH 3 x 10
SHOULDER PRESS 5 x 5
LATERAL RAISE 3 x 12
PUSHDOWNS 3 x 12
OVERHEAD EXT. 3 x 12

PULL

PULL UPS 4 x AMRAP
PULLDOWNS 4 x 10
BARBELL ROW 3 x 8
SEATED CABLE ROW 3 x 10
SHRUGS 4 x 10
BICEP CURLS 4 x 10

LEGS

SQUATS 5 x 5
RDL 4 x 8
LUNGES 4 x 12
HIP THRUSTS 3 x 8
EXTENSIONS 3 x 12
HAM CURLS 3 x 12

Why it's on the list: Leg press vs. squat is a classic weight-room debate, but one that misses the point. Strength coach and physical therapist John Rusin explains why in his article, "Don't Do High-Rep Squats, Deads, and Bench! Do These Instead." Squats are for doing early in a leg workout and going heavy, he explains, and leg presses are for doing afterward for high reps. Sounds like a recipe for leg growth to us! Like hack squats, the leg press allows for a variety of foot positions to target the outer quads, inner quads, glutes, or hamstrings. Just be careful not to lower the sled too far! This common mistake will lift your glutes up off the butt pad and cause your lower spine to curl. A rounded back puts you at risk for an injury. Leg Press Variations for Leg Development: In your workout: You can't go wrong with 3-4 sets of 8-12 reps. Occasionally, when the pre-workout is flowing, do a few epic sets of 20-30 reps or more. This exercise also goes exceptionally well with intensity-boosting techniques such as rest-pause, dropsets, or forced reps. Why it's on the list: This upper hamstrings/glute exercise is unlike most others because you can go heavy on it without the risk of pulling from the floor. Plus, since the hamstrings contribute to both bending the knee and extending the hips, it's a great lift to build powerhouse hamstrings for athletes and heavy lifters. Unfortunately, RDLs are vastly underutilized in most lifters' workouts, particularly women, which is why personal trainer and competitive lifter Cassie Smith recommends it as one of her 5 Lifts Every Strong-Ass Woman Needs. Romanian Deadlift Variations for Leg Development: In your workout: Do the Romanian deadlift as the first hamstring exercise in your workout. When in doubt, stick to 3 sets of 8-12 reps, paying particular attention to good form and reaching back with your hips. Grip holding you back from going heavy? That's why lifting straps exist. Why it's on the list: What makes this single-joint machine move worthy of being listed among squats and deadlifts? Because too many lifters think those two exercises are "enough" for their hamstrings. They're definitely not! In his article, "A Scientific Approach to Hamstring Training," muscle-building expert Brad Schoenfeld, Ph.D., conclusively makes the case that for balanced, strong hamstrings you need curls, too. Specifically, the lower hamstrings are activated dramatically more during seated leg curls than deadlifts—even stiff-legged deadlifts. You wouldn't skip curls during an arm workout, would you? Don't make the same mistake for your legs. Leg Curl Variations for Leg Development: In your workout: Keep it simple: 3-4 sets of 8-12 reps, coming close to muscle failure. This is a low-risk, high-reward move, so occasionally add in some slow negatives or dropsets to make it more intense. Hard and Heavy Leg Workout Beginner Leg Workout Machine Pump Leg Workout Ready to grow? Then get ready to grow! This classic mass-building workout from Leg Workouts for Men will give your body a loud and clear message to add muscle, and if you hustle, you can be out of the gym in an hour. Follow nutritionist Paul Salter's pre-training guidelines from the article, "The Ultimate Guide to Leg Day Nutrition," and definitely don't skip the protein shake afterward. Hard and Heavy Leg Workout Barbell back squat Lighten the weight after your first 2 sets. 4 sets, 6-8, 8-10, 8-10 reps (rest 1 min.) Leg Press Perform the first and third sets with your feet high and narrow on the sled to target the glutes and hamstrings. For the second and fourth sets, place your feet slightly lower on the sled to target the quads. 4 sets, 8-10, 8-10, 10-12, 10-12 reps (rest 1 min.) 3 sets, 20, 24, 28 reps (alternating, 10, 12, 14 reps per side, rest 1 min.) 3 sets, 8, 10, 12 reps (rest 90 sec.) 3 sets, 8, 10, 12 reps (rest 90 sec.) 4 sets, 12, 12, 20, 20 reps (rest 1 min.) This workout is all about the fundamentals: one squat variation to warm up, one machine move for quads, one single-leg move, another for hammers, and some calves for dessert. Hit each move hard, stagger out of the gym in 30-45 min., and eat up so you can do it again in a few days! 4 sets, 10-12 reps (rest 1 min.) 3 sets, 10-12 reps (rest 90 sec.) DUMBBELL BULGARIAN SPLIT SQUAT Perform all of the reps on one side before switching to the other side. Rest as little as possible between sides and 1 min. between sets. 3 sets, 10-12 reps (left side, no rest) 3 sets, 10-12 reps (right side, rest 1 min.) 3 sets, 15 reps (rest 1 min.) This challenging workout is a great routine on its own, but also works as a second leg day in the week if you're trying to grow. Two leg days, plus extra calories from a weight gainer, is a time-honored way to see muscle growth from head to toe. 4 sets, 20, 15, 10, 10 reps (rest 90 sec.) 3 sets, 10, 15, 20 reps (rest 90 sec.) Perform all of the reps on one side before switching to the other side. Rest as little as possible between sides and sets. 10 sets, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 reps (left side, no rest) 10 sets, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 reps (right side, no rest) Seated Leg Curl After the final set, perform a single dropset. 3 sets, 10 reps (rest 45 sec.) Seated Calf Raise Perform 100 total reps with a weight you can handle for 15-20 reps without resting, taking short rests as needed to reach the full 100. What Are the Best Leg Programs for Mass? When I was a beginner, I struggled to gain muscle in the first three months. Because I was told to follow a muscle-group split (training one muscle each day). It was good for maintaining strength and mass but wasn't good enough for putting on muscles and increasing strength. That's why I've researched a lot, explored several studies, and created two routines for myself. One was a full-body workout, and another was a push/pull/legs (PPL) split. The total body workout routine helped me gain strength and endurance but was less effective for muscle gain. Then I tried the PPL split, which helped me increase strength and mass quicker than the muscle-group split and full body routine. I thought there could be many beginners who want to develop their physique from lean to muscular. So, I decided to hand out that routine in this article. I've customized some parts from the original one and created a complete push pull legs 12 week program. I've also attached a pdf at the bottom of this article so that you can download and keep it handy. The PPL program allows you to divide your workout into three parts: push day, pull day, and leg day. You'll train chest, shoulder, and triceps on push day; back, biceps, and posterior delt on your pull day; and lower body on your legs day. In this way, you focus on each muscle group and train your entire body in an organized manner. A study has also shown that split training is more effective for muscle growth compared to a total body workout plan. So, overall it is an excellent program to build strength and muscles for beginners. Routine TypePush, Pull, Legs (PPL)Program GoalBuild Strength and Mass Workout TypeStrength Training at GymFrequency3 Days a WeekProgram Duration3 MonthsDaily Session45-60 MinutesSuitable forBeginnersTarget GenderMale and FemaleFollow to Follow Next4-Day Push/Pull Workout Monday - Push Workout Tuesday - OFF Wednesday - Pull Workout Thursday - OFF Friday - Legs Workout Saturday -OFF Sunday - OFF It's best to perform some cardio exercises for five minutes at least to get your heart rate up and increase oxygen flow before lifting heavy. For example, you can run on the treadmill, do some bodyweight aerobic exercises, or lift light weights. Week 1 Monday (Push Workout) Wednesday (Pull Workout) Friday (Legs Workout) ExerciseRepsRestDB Front Squat12 x 32-minLeg Press12 x 32-minLeg Curl12 x 32-minCalf Raises12 x 32-minPlank30-sec x 2-Week 2 Monday (Push Workout) ExerciseRepsRestFlat Bench Press12 x 33-minIncline DB Bench Press12 x 33-minBarbell Military Press12 x 33-minDumbbell Lateral Raises12 x 32-minOne-arm Tricep Extension12 x 32-minWednesday (Pull Workout) ExerciseRepsRestFront Lat Pulldown12 x 32-minSeated Cable Row12 x 32-minOne-arm DB Row12 x 32-minChest Supported Row12 x 32-minAlternate Dumbbell Curl12 x 32-minFriday (Legs Workout) ExerciseRepsRestMachine Hack Squat12 x 43-minLeg Extension12 x 32-minLeg Curl12 x 32-minGlute Bridge12 x 32-minHanging Knee Raises10 x 31-minWeek 3 Monday (Push Workout) ExerciseRepsRestIncline Bench Press10 x 42-minPec Deck Fly12 x 33-minDumbbell Overhead Press12 x 33-minCable Lateral Raises12 x 32-minRope Overhead Triceps Extension12 x 32-minWednesday (Pull Workout) ExerciseRepsRestFront Lat Pulldown12 x 32-minSeated Cable Row12 x 32-minBent-over Row12 x 32-minPreacher Curl12 x 32-minFace Pull12 x 32-minFriday (Legs Workout) ExerciseRepsRestBack Squat12 x 42-minLeg Press12 x 32-minLeg Curl12 x 32-minLunges10 x 32-minDiagonal Chop10 x 21-minWeek 4 Monday (Push Workout) ExerciseRepsRestDive Push-ups on Bar10 x 22-minFlat Bench Press10 x 42-minIncline Chest Press12 x 43-minBent-arm Lateral Raise12 x 23-minCable Lateral Raises12 x 22-minBench Dips12 x 32-minWednesday (Pull Workout) ExerciseRepsRestChinups6-8 x 32-minFront Lat Pulldown12 x 42-minSeated Cable Row12 x 42-minInverted Row12 x 32-minConcentration Curl12 x 32-minFriday (Legs Workout) ExerciseRepsRestBack Squat12 x 43-minLeg Press12 x 43-minDB Romanian DL10 x 32-minLunges10 x 32-minPlank30-sec x 21-minWeek 5 Monday (Push Workout) ExerciseRepsRestFlat Bench Press10 x 32-minIncline Bench Press12 x 33-minPec Deck Fly12 x 32-minLateral Raise12 x 33-minShoulder Shrug12 x 33-minBar Pushdown12 x 32-minWednesday (Pull Workout) ExerciseRepsRestFront Lat Pulldown12 x 32-minSeated Cable Row12 x 32-minBent-over Row12 x 32-minPreacher Curl12 x 32-minFriday (Legs Workout) ExerciseRepsRestBack Squat12 x 42-minLeg Press12 x 43-minLeg Curl12 x 32-minLunges10 x 32-minParallel Chop10 x 21-minWeek 6 Monday (Push Workout) ExerciseRepsRestIncline Bench Press10 x 42-minPec Deck Fly12 x 33-minDumbbell Overhead Press12 x 33-minCable Lateral Raises12 x 33-minRope Overhead Triceps Extension12 x 32-minWednesday (Pull Workout) ExerciseRepsRestFront Lat Pulldown12 x 32-minSeated Cable Row12 x 32-minBent-over Row12 x 32-minSeated Rear Delt Raise12 x 32-minEZ Bar Biceps Curl12 x 32-minFriday (Legs Workout) ExerciseRepsRestBack Squat12 x 42-minLeg Extension12 x 32-minSumo Cossack Squat12 x 32-minLeg Curl12 x 32-minHanging Knee Raise10 x 21-minWeek 7 Monday (Push Workout) ExerciseRepsRestFlat Bench Press10 x 42-minPec Deck Fly12 x 33-minIncline DB Squeeze Press12 x 22-minDB Lateral Raises12 x 42-minSkull Crusher12 x 32-minWednesday (Pull Workout) ExerciseRepsRestChinups6-8 x 32-minFront Lat Pulldown12 x 32-minLat Pullover12 x 32-minSeated Cable Row12 x 32-minPreacher Curl12 x 32-minFriday (Legs Workout) ExerciseRepsRestLeg Press12 x 42-minLeg Extension12 x 32-minLeg Curl12 x 32-minFront Lat Pulldown12 x 32-minSeated Cable Row12 x 32-minOne-arm DB Row12 x 32-minPec Deck Fly12 x 33-minOverhead Press12 x 33-minDB Lateral Raises12 x 32-minBar Pushdown12 x 32-minWednesday (Pull Workout) ExerciseRepsRestOff Block Deadlift6-8 x 32-minFront Lat Pulldown12 x 32-minT-Bar Row10 x 32-minEZ Bar Biceps Curl12 x 32-minFriday (Legs Workout) ExerciseRepsRestBack Squat12 x 42-minLeg Press12 x 43-minLeg Curl10 x 32-minStep-up10 x 32-minH2L Chop10 x 21-minPlank30-sec x 21-minWeek 12 Monday (Push Workout) ExerciseRepsRestFlat Bench Press12 x 32-minIncline Chest Press10 x 32-minPec Deck Fly12 x 33-minOverhead Press12 x 33-minDB Lateral Raises12 x 32-minBar Pushdown12 x 32-minWednesday (Pull Workout) ExerciseRepsRestFlat Bench Press10 x 42-minPec Deck Fly12 x 32-minBar Dips8 x 32-minDB Lateral Raises12 x 42-minOne-arm D-handle Pushdown12 x 32-minWednesday (Pull Workout) ExerciseRepsRestPullups6-8 x 32-minLat Pulldown12 x 32-minSeated Cable Row12 x 32-minBent-over row12 x 32-minFace Pull10 x 22-minHammer Curl12 x 32-minFriday (Legs Workout) ExerciseRepsRestBack Squat12 x 42-minLeg Press12 x 43-minDB RDL8 x 32-minLeg Curl12 x 42-minH2L Chop10 x 21-minKnee Raises30-sec x 21-min12 week ppl program for beginners Progressive Overload: It's best to increase the loads, the number of reps, and sets gradually to scale your fitness level and progressively increase strength and build muscles. Pre-Workout Meal: For an effective training session, you should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume. Post-Workout Meal: It's good to have some high-protein foods and supplements after the workout to rebuild muscle and increase mass. I suggest consuming 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example, a nutritionist can help you better in this case). Cardio: It's best to include cardiovascular exercises to build endurance and tone muscles. For example, you run on the treadmill, use a stationary bicycle, and other equipment to perform aerobic training. Adjustment: You can include and exclude some exercises from this program as well as adjust the rest and workout duration, depending on your fitness level. Add a variety of exercises: It's best to include a variety of exercises in your program to make it enjoyable and effective. You can integrate various exercises from the list of PPL workouts. Train when you feel energetic: It is best to work out when you feel physically and mentally active to give your best. Keep going: Repeating the same thing for a considerable period can be boring, but you must be disciplined to accomplish the best result. Affirmation: Imagine and affirm that you have an incredible physique, as it can help you train consistently and achieve your fitness goal faster. Keep yourself hydrated: Keeping yourself hydrated during the workout is crucial for an effective workout session. Research show that it helps prevents uneasiness and injuries and boosts performance. 12-week-push-pull-legs-program-pdfDownload You can also try the following alternate workout programs: