

# Leg Growth

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Easy to follow format. Work outs should be spaced out every two to three days depending on muscle soreness. Both days work on every muscle in the legs, while the first is focused on the quadriceps and hamstrings and the second day is focused on the hip flexors and glutes.

## **Workout 1**

5-minute Stairmaster warm up

Barbell or Smith Machine – moderate to heavy weight

- 4x8: Squats
- 4x8 each leg: stationary lunges

Plated Leg Press – moderate to heavy weight

- 3x12 and 2x8: narrow stance
- 3x10: heels shoulder width apart

Leg extensions

- Set 1: 12 reps- light weight
- Set 2: 10 reps- increased weight
- Set 3: 8 reps- increased weight
- Set 4: 6 reps- heaviest weight

Lying leg curls

- Same sets and reps as leg extensions

Calf raises – superset moderate weight

- 3x10 heels out toes in
- 3x10 heels in toes out

## **Workout 2**

5-minute Glute band warm up

- Kickbacks, sidekicks, squats, side to side squats

Curl bar – moderate weight

- 3x10: Good mornings
- 3x10: Curtsy squats

Dumbbell and bench – moderate to heavy weight

- 4x8: Bulgarian split squats

Hip Abductor machine – heavy weight

- 4x8: leaning forward
- 4x8: squatting into each rep

Cables – light to moderate weight

- 3x12: Kickbacks
- 3x12: hip abductors