

# Ultimate Legs

Posterior chain / Glutes / Quads / Calves

STRENGTH + HYPERTROPHY

WARM-UP

| EXERCISE                   | SETS | REPS           | REST | NOTES                                                                                  |
|----------------------------|------|----------------|------|----------------------------------------------------------------------------------------|
| Weighted vest incline walk | 1    | 10 min + 5 min | —    | 15% incline @ 3.0 mph, then 1.7 mph reverse walk. Men 40–60 lb vest · Women 25 lb vest |

CORE ACTIVATION • 3 ROUNDS

| EXERCISE                    | SETS | REPS           | REST | NOTES                                                      |
|-----------------------------|------|----------------|------|------------------------------------------------------------|
| Lying deadbug (KB overhead) | 3    | 7 each leg     | 45 s | Low back pressed into the floor. Exhale as the leg extends |
| Landmine barbell rotation   | 3    | 10 each side   | 45 s | Rotate from hips and mid-back. Control the return          |
| Weighted side plank         | 3    | 20 s each side | 45 s | Hips high, straight line, no sagging                       |

MAIN WORKOUT

| EXERCISE                                 | SETS  | REPS                | REST  | NOTES                                                      |
|------------------------------------------|-------|---------------------|-------|------------------------------------------------------------|
| 01 • Seated leg curl                     | 3     | 10                  | 90 s  | Tempo 2-1-3, moderate weight. Full stretch, no bouncing    |
| 02 • Hip thrust machine                  | 2 + 3 | 8 warm-up / 5 heavy | 120 s | Ribs down, chin tucked. 1 s squeeze at the top             |
| 03 • Barbell squat                       | 2 + 3 | 8 warm-up / 6 heavy | 120 s | Brace hard. Sit back and down. Drive through mid-foot      |
| 04 • Superset: Dumbbell RDL              | 4     | 6                   | 60 s  | Hinge, deep hamstring stretch, dumbbells close             |
| + Glute kickback machine                 | 4     | 8                   | 60 s  | Lead with the heel, hips square, squeeze at top            |
| 05 • Superset: Barbell single-leg RDL    | 4     | 6 each leg          | 60 s  | Hips square, soft knee, control the hinge                  |
| + Heavy sled push                        | 4     | 30 m down & back    | 60 s  | Low athletic stance, short powerful steps                  |
| 06 • Superset: Physioball hamstring curl | 4     | 8                   | 60 s  | Heels dig in, hips stay elevated                           |
| + Walking lunge                          | 4     | 20 m                | 60 s  | Long stride, front shin vertical, stay tall                |
| 07 • Calf raise machine                  | 3     | 60 s                | 60 s  | Slow & controlled. Full stretch, hard squeeze, no bouncing |

COOL DOWN

| EXERCISE | SETS | REPS | REST | NOTES                                                       |
|----------|------|------|------|-------------------------------------------------------------|
| Stretch  | —    | —    | —    | Long relaxed holds: hamstrings, hip flexors, glutes, calves |