

FITNESS WORKOUT GUIDE

LEGS WORKOUT FOR MEN | 4 WEEKS

Drop excuses. Just lift. Track your progress and build your dream body.

DATE:

1. MONTHLY FOCUS

What is my main target and my "why"?

2. WORKOUT SUMMARY

Target: Legs

Training Level: Intermediate

Main Goal: Build Muscle

Duration: 60-75 Mins

Days Per Week: 1-2 Days

Program Duration: 4 weeks

3. WORKOUT

Exercise Description		Sets	Reps	Rest	Drop Set
1	Barbell Back Squat	5	6-8	90-120 sec	8+10 (last set)
2	Leg Press (Feet Low on Platform)	4	10-12	60-90 sec	10+10 (last set)
3	Bulgarian Split Squat	3	8-10 each leg	60 sec	
4	Romanian Deadlift (RDL)	4	8-10	90 sec	
5	Lying Leg Curl	3	10-12	60 sec	10+10 (last set)
6	Barbell Hip Thrust	3	10-12	60 sec	10+10 (last set)
7	Standing Calf Raises	4	12-15	45 sec	

4. PRO TIPS FOR LEG DAY

- **Squeeze at the Top:** Focus on squeezing your glutes and hamstrings hard at the top of the movement on exercises like Hip Thrusts and RDLs to maximize muscle activation.
- **Control the Descent:** Lower the weight slowly (taking 2-3 seconds) during squats and RDLs to maximize time under tension and muscle stimulation.
- **Progressive Overload:** Aim to increase the weight or the number of reps slightly every week to keep making progress.

NOTES

- **Progressive Overload:** Aim to increase weight or reps slightly every week.
- **Intensity Matters:** Choose a weight that makes the last 2 repetitions of every set challenging while maintaining perfect form.

5. DAILY HABITS TO TRACK

- ☐ Controlled form & technique
- ☐ Drank 3L of water
- ☐ Applied progressive overload

 **Jessy Mora**

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 **www.fitnessworkoutguide.com**

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