



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



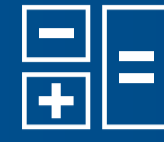
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## 2 WEEKLY WORKOUTS FOR LARGER LEGS

Take your leg training to new heights by splitting it up into 2 weekly workouts - 1 workout for hamstrings and 1 workout for quads. Let us show you how!

Link to Workout: <https://www.muscleandstrength.com/workouts/2-weekly-workouts-for-larger-legs>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 8 weeks

**Days Per Week:** 2

**Time Per Workout:** 45-60 Mins

**Equipment:** Barbell, Bodyweight, Machines

**Target Gender:** Male & Female

**Author:** [Roger "Rock" Lockridge](#)

### Hamstrings Workout

Exercise	Sets	Reps
<a href="#">Single Lying Leg Curl</a>	3	12, 10, 8
<a href="#">Romanian Deadlift</a>	5	5
<a href="#">Walking Lunge</a>	3	12 Each
<a href="#">Lying Leg Curl</a>	3	15**

\*Rest for 90 seconds between all sets.

\*\*Drop set on final set.

### Quads Workout

Exercise	Sets	Reps
<a href="#">Single Leg Press</a>	3	12, 10, 8
Pause Squat	5	5
<a href="#">Hack Squat</a>	3	12
<a href="#">Leg Extension</a>	3	15**

\*Rest for 90 seconds between all sets.

\*\*Drop set on final set.

