



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



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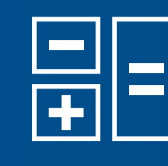
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## 4 WEEK LEG-LASHING BLAST WORKOUT PROGRAM

This leg day isn't for the faint of heart - but if you take leg day seriously and want to build larger leg muscles, give this 4 week program a shot!

Link to Workout: <https://www.muscleandstrength.com/workouts/4-week-leg-lashing-blast-workout-program>

**Main Goal:** Build Muscle

**Training Level:** Advanced

**Program Duration:** 4 Weeks

**Days Per Week:** 4 Days

**Time Per Workout:** 45 - 70 Mins

**Equipment:** Barbell, Bodyweight, Dumbbells, Machines

**Target Gender:** Male & Female

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### Week 1: The PRRS (Shock) Method

Exercise	Tempo	Sets	Reps
<a href="#">Squats</a> (Dropset)	4 / 1 / X	2	10 - 12 + Drop
<a href="#">Leg Press</a> (Rest - Pause)	3 / 1 / 1	2	7 - 9
A1. <a href="#">Leg Extensions</a>	3 / 0 / 1	2	10 - 12
A2. <a href="#">Sissy Squats</a> *	2 / 1 / 1	2	10 - 12
<a href="#">Lying Leg Curl</a> (Rest - Pause)	3 / 0 / X / 1	2	7 - 9
B1. <a href="#">Stiff Leg Deadlift</a>	3 / 1 / 1	2	10 - 12
B2. <a href="#">Seated Leg Curl</a>	2 / 0 / 1 / 1	2	7 - 9

### Week 2: The SPEC (Stretch/Peak Contraction/Eccentric/Concentric Emphasis) Method

Exercise	Tempo	Sets	Reps
<a href="#">Sissy Squats</a>	2 / 4 / 1	3	10 - 12
<a href="#">Leg Extensions</a>	2 / 0 / 1 / 4	2	10 - 12
<a href="#">Leg Press</a>	5 / 1 / X	3	7 - 9
<a href="#">Hack Squats</a>	2 / 1 / 4	2	7 - 9
<a href="#">Dumbbell Stiff Leg Deadlift</a>	2 / 4 / 1	2	7 - 9
<a href="#">Seated Leg Curl</a>	2 / 0 / 1 / 4	2	10 - 12
<a href="#">Lying Leg Curl</a>	5 / 1 / X / 1	2	7 - 9
<a href="#">Hyperextensions</a> * *	2 / 1 / 4	2	10 - 12

### Week 3: The FTX2 (Fast Twitch Exponential) Method

Exercise	Tempo	Sets	Reps
<a href="#">Plie Dumbbell Squats</a>	2 / 0 / 1	2	21 - 25
Horizontal Leg Press Machine	5 / 1 / 1	3	4 - 6
Single Leg Side Leg Press * * *	3 / 1 / 1	3	10 - 12
<a href="#">Single Leg Extensions</a>	2 / 0 / 1 / 1	2	10 - 12
<a href="#">Seated Leg Curl</a>	2 / 0 / 1	2	21 - 25
<a href="#">Lying Leg Curl</a>	6 / 1 / 1	3	4 - 6
<a href="#">Good Mornings</a>	3 / 1 / 1	2	10 - 12
<a href="#">Adduction Machine</a>	2 / 0 / 1 / 2	2	10 - 12

### Week 4: The FDFS (Fiber Damage/Fiber Saturation) Method

Exercise	Tempo	Sets	Reps
<a href="#">Smith Squats</a>	3 / 0 / X	3	3 - 4
<a href="#">Vertical Leg Press</a>	6 / 1 / 1	3	5 - 7
<a href="#">Alternating Bodyweight Lunges</a>	2 / 0 / 1	2	26 - 30
<a href="#">Leg Extensions</a>	2 / 0 / 1	2	26 - 30
<a href="#">Seated Leg Curl</a>	3 / 0 / X	2	3 - 4
Torso Elevated Lying Leg Curl * * * *	6 / 0 / 1 / 1	3	5 - 7
<a href="#">Smith Stiff Leg Deadlift</a>	2 / 0 / 1	2	26 - 30
Standing Leg Curl	2 / 0 / 1	2	26 - 30 Each