



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



Diet Plans



Expert Guides



Videos



Tools

8-WEEK KNEE-FRIENDLY QUAD WORKOUT

This program can help you build bigger legs without taking a big toll on the knees. Incorporate this workout into your existing training plan once a week, for 8 weeks for massive gains.

Link to Workout: <https://www.muscleandstrength.com/workouts/8-week-knee-friendly-quad-workout>

Main Goal: Build Muscle

Training Level: Beginner

Days Per Week: 1 Days

Program Duration: 8 Weeks

Equipment: Barbell, Dumbbells, Machines, Other

Target Gender: Male & Female

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

8-Week Quad Workout - Full Gym Option

Exercise	Sets	Reps	Rest
Hack Squat	3 - 4	10 - 15	90 Sec
Single-Leg Press	3	15 Per Leg	60 Sec
Leg Extension	3	15	60 Sec

8-Week Quad Workout - Home Gym Option

Exercise	Sets	Reps	Rest
Box Squat	3 - 4	10 - 15	90 Sec
Sled Pull	3	15 Per Leg	60 Sec
Dumbbell Leg Extension	3	15	60 Sec