



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



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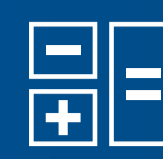
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## 4 WEEK ABSOLUTE LEG CARNAGE WORKOUT

Take your leg gains to new heights with this 4 week advanced leg workout designed by Coach Eric "Merlin" Broser and features his unique training strategies.

Link to Workout: <https://www.muscleandstrength.com/workouts/4-week-absolute-leg-carnage-workout>

**Main Goal:** Build Muscle

**Training Level:** Advanced

**Program Duration:** 4 Weeks

**Days Per Week:** 1 Day

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

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

**Target Gender:** Male & Female

**Author:** Eric Broser

### Week 1: The PRRS (Power/Rep Range/Shock Shock) -HYBRID Method

Exercise	Tempo	Sets	Reps
<a href="#">Hack Squats</a>	5 / 1 / X	4	4 - 6
<a href="#">Leg Press</a>	2 / 1 / 1	3	16 - 20, 13 - 15, 10 - 12
A1. <a href="#">Barbell Lunge</a>	3 / 0 / 1	2	10 - 12 Each
A2. <a href="#">Leg Extensions</a>	2 / 0 / 1 / 1	2	7 - 9
<a href="#">Lying Leg Curl</a>	5 / 1 / X	2	4 - 6
<a href="#">Stiff Leg Deadlift</a>	2 / 1 / 1	3	16 - 20, 13 - 15, 10 - 12
<a href="#">Seated Leg Curl</a> (Rest-Pause)	3 / 0 / 1 / 1	2	7 - 9

### Week 2: The FTX2 (Fast Twitch Exponential) Method

Exercise	Tempo	Sets	Reps
<a href="#">Leg Extensions</a>	2 / 0 / 1	3	21 - 25
<a href="#">Squats</a>	4 / 0 / X	2	4 - 6
<a href="#">Leg Press</a>	3 / 0 / 1	3	10 - 12
<a href="#">Smith Split Lunge</a>	2 / 1 / 1	3	10 - 12
<a href="#">Seated Leg Curl</a>	2 / 0 / 1	3	21 - 25
<a href="#">Lying Leg Curl</a>	4 / 0 / X	2	4 - 6
<a href="#">Weighted Hyperextensions</a>	2 / 1 / 1	2	10 - 12
<a href="#">Adduction Machine</a>	2 / 0 / 1 / 1	2	10 - 12

### Week 3: 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	3	10 - 12
<a href="#">Smith Squats</a>	4 / 1 / 1	2	7 - 9
<a href="#">Leg Press</a>	2 / 1 / 4	3	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>	4 / 1 / 1	2	7 - 9
Single Leg Standing Leg Curl	2 / 1 / 4	3	7 - 9

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

Exercise	Tempo	Sets	Reps
<a href="#">Squats</a>	3 / 0 / X	4	3 - 4
<a href="#">Leg Extensions</a>	6 / 0 / 1	3	5 - 7
<a href="#">Leg Press</a>	2 / 0 / 1	2	26 - 30
<a href="#">Single Leg Extensions</a>	2 / 0 / 1	2	26 - 30 Each
<a href="#">Seated Leg Curl</a>	3 / 0 / X	3	3 - 4
<a href="#">Weighted Hyperextensions</a>	2 / 5 / 1	3	5 - 7
<a href="#">Lying Leg Curl</a>	2 / 0 / 1	3	26 - 30