



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



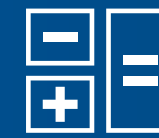
Diet Plans



Expert Guides



Videos



Tools

BARBELL HACK SQUAT WORKOUTS FOR BIGGER QUADS

Barbell hack squats are a classic gym exercise that can help you build bigger legs. Learn how to incorporate them into your workouts and improve your quad size.

Link to Workout: <https://www.muscleandstrength.com/workouts/barbell-hack-squats-workouts-quads>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 2 Days

Time Per Workout: 60-75 Mins

Equipment: Barbell, Dumbbells, Machines

Author: Eric Brown

Weeks 1 - 3

Exercise	Sets	Reps	Rest
Monday: Quad Emphasis			
Barbell Hack Squat	5	5	90 Secs
Leg Press	5	5	70 - 90 Secs
Dumbbell Walking Lunge*	5	5 Each Leg	90 Secs
Leg Curl	5	5	45 - 60 Secs
Seated Calf Raises	5	5	45 - 60 Secs
Thursday: Supersets			
Superset			
Heels Elevated Barbell Squat	5	10	60 - 75 Secs
Glute Ham Raise	5	10	75 - 90 Secs
Superset			
Hip Thrust	3	10	60 - 75 Secs
Sissy Squat	3	10	75 - 90 Secs
Superset			
Standing Calf Raise	3	10	30 - 45 Secs
Seated Calf Raise	3	10	60 - 75 Secs

*When walking, do not stand up to rest your quads. The goal is to keep constant tension, so continue to walk forward & only stop when you reach a total of 10 reps.

Weeks 4 - 6

Exercise	Sets	Reps	Rest
Monday: 5 x 5			
Heels Elevated Barbell Squat	5	5	90 Secs
Hip Thrust	5	5	90 Secs
Glute Ham Raise	5	5	45 - 60 Secs
Seated Calf Raises (3 Secs Hold at Top)	5	5	45 - 60 Secs
Thursday: Supersets			
Superset			
Barbell Hack Squat	5	10	60 - 75 Secs
Sissy Squat*	5	10	75 - 90 Secs
Superset			
Dumbbell Walking Lunge**	3	10 Each Leg	75 - 90 Secs
Leg Press	3	10	90 - 120 Secs
Superset			
Standing Calf Raise	3	10	45 Secs
Seated Calf Raise	3	10	75 Secs

*Sissy Squat: You can hold a dumbbell to your chest to add resistance when bodyweight becomes easy.
**Dumbbell Walking Lunge: The rest is prescribed to be slightly longer here because Lunges eat a lot of energy.