



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



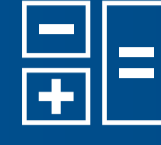
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BUILD A BIGGER SQUAT: 8 WEEK PERIODIZED WORKOUT PLAN

This program is designed to help strength athletes add 10-30 lbs to their squats over an 8 week period. Each week lifters alternate between rep work and heavy sets.

Link to Workout: <https://www.muscleandstrength.com/articles/build-bigger-squat-8-week-workout>

Main Goal: Increase Strength

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 4 Days

Time Per Workout: 60-75 Mins

Equipment: Barbell, Bodyweight, Dumbbells, Machines

Author: Steve Shaw

Squat Day

| Exercise | Sets | Reps |
|---|-----------------------|--------|
| Squat | See Squat Cycle Table | |
| Leg Press , Hack Squats , or Lunges | 3 - 4 | Varies |
| Romanian Deadlifts | 3 | 5 - 8 |
| Leg Curls | 4 | 10 |
| Glute Ham Raise | 3 - 4 | 6 - 10 |
| Ab Wheel or Barbell Rollouts | 3 - 4 | 10 |

Squat Cycle

| Week | Percentage | Sets | Reps |
|--------|------------|------|------|
| Week 1 | 65% | 4 | 10 |
| Week 2 | 80% | 7 | 3 |
| Week 3 | 70% | 5 | 7 |
| Week 4 | 85% | 5 | 2 |
| Week 5 | 75% | 6 | 5 |
| Week 6 | 90% | 3 | 1 |
| Week 7 | 80% | 7 | 3 |
| Week 8 | 95%, 100% | 1, 1 | 1, 1 |

During Week 8, perform a 95% single. This should be in the ballpark of your old 1 Rep Max. If it feels manageable or rather easy, go for the 100% single. If the 95% is difficult, add 5 - 10 lbs to the bar and try 1 more rep. If your 100% single was easy, add another 10 lbs (no more than that) to the bar and try another single.

