



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



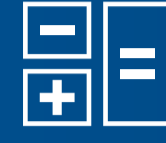
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LEG CARNAGE: SUPERSET QUAD & HAMSTRING WORKOUT

Shock your legs with this brutal and growth-inducing workout designed by Steve Shaw. Featured exercises include paused squats, dumbbell stiff leg deadlifts & reverse hacks.

Link to Workout: <https://www.muscleandstrength.com/workouts/leg-carnage-quad-hamstring-workout>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 3 Weeks

Days Per Week: 1 Day

Time Per Workout: 30-60 Mins

Equipment: Barbell, Bodyweight, Dumbbells, Machines

Author: Steve Shaw

Quads & Hamstrings Workout

Exercise	Sets	Reps
Superset		
Paused Squat	4	8
Goblet Squats	4	10
Superset		
Leg Press	4	20
Dumbbell Lunge	4	8 Each Leg
Superset		
Hack Squats	4	10
Reverse Hack Squats	4	10
Superset		
Leg Curls	4	15
Dumbbell Stiff Leg Deadlift	4	8

