



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



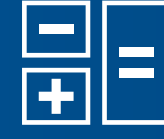
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LEG GROWTH WORKOUT: 3 WEEK CYCLE

Destroy your leg muscles with this 3 week cycle leg growth workout! This workout is not for the faint hearted, Be prepared to train your legs hard! Workout includes squats.

Link to Workout: <https://www.muscleandstrength.com/workouts/30-leg-growth-workout--3-week-cycle.html>

Main Goal: Build Muscle
Training Level: Advanced
Program Duration: 3 Weeks
Days Per Week: 1 Day

Time Per Workout: 60-75 Mins
Equipment: Barbell, Machines
Author: Team Muscle & Strength

Week 1: Heavy Week

Exercise	Sets	Reps
Squat (Heavy Pyramid Set)*	6	15, 12, 10, 8, 10, 15
Stiff Leg Deadlift (Slow 3 - 1 - 2 Rep Timing)	4	12
Superset		
Leg Press (Heavy)	4	8
Leg Extension	4	12
Leg Curl (Heavy; 2 - 1 - 2 Rep Timing)	4	8

*Squat: Increase weight until you peak at 8 reps, 4th set. If you want to go heavier, you could do 6 reps for that set. You don't need to squat down too low, just above horizontal is fine.

Week 2: Quad Week

Exercise	Sets	Reps
Triset		
Squat (Slow & Controlled)	5	10
Lunges	5	6 Each Leg
Leg Extension (Light; 4 - 2 - 4 Rep Timing)	5	15
Stiff Leg Deadlift (Increase Weight From Last Week)	4	12, 10, 8, 6
Leg Curl (Light; Slow 3 - 1 - 3 Rep Timing)	4	12 - 15

Week 3: Hamstring Week

Exercise	Sets	Reps
Superset		
Stiff Leg Deadlift (Heavy)	5	8
Leg Curl (Drop Set)	5	Max, Max, Max
Leg Press (Use a Weight that Allows You to Max Out Around 12 Reps)	5	12
Leg Extension (Heavy; Increase Weight Each Set)	4	12, 10, 8, 6