



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



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Workouts



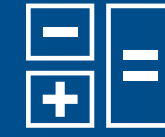
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## LSL LEG DAY WORKOUT: YOUR TOUGHEST LEG DAY EVER!

Are you ready for your toughest leg day ever? Try out the Larger Stronger Legs (LSL) Workout over the next 4 weeks and watch your lower body grow!

Link to Workout: <https://www.muscleandstrength.com/workouts/lsl-leg-day-workout>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 4 Weeks

**Days Per Week:** 1 Day

**Time Per Workout:** 45-60 Mins

**Equipment:** Barbell, Machines

**Author:** Roger "Rock" Lockridge

## The LSL Workout Program

Exercise	Sets	Reps
1. <a href="#">Seated Calf Raise</a>	3	15*
2. Single Standing Leg Curl	3	20, 15, 10
3. <a href="#">Deficit Deadlift</a>	4	12, 10, 8, 6
4. <a href="#">Lying Leg Curl</a>	3	12**
5. Paused Front Squat	4	12, 10, 8, 6
6. <a href="#">Hack Squat</a> or <a href="#">Leg Press</a>	3	10, 15, 20
7. <a href="#">Single Leg Extension</a>	3	20
8. <a href="#">Standing Calf Raise</a>	3	30 Secs

\*3 second holds at the top and 3 second stretches at the bottom.

\*\*4 second negatives.