



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



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Workouts



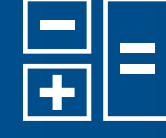
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## MIX OF METHODS LEG WORKOUT BY MUSCLEPHARM

This intense leg workout by MusclePharm includes quad-swelling squat volume and brutal leg building deadlifts, and is followed by box jumps, sled drags and more!

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

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 6 Weeks

**Days Per Week:** 1 Day

**Time Per Workout:** 75-90 Mins

**Equipment:** Barbell, Bodyweight, Machines, Other

**Author:** Cory Gregory

### Mix of Methods Leg Workout

Exercise	Sets	Reps
<a href="#">Squats</a>	11	20, 10, 5, 5, 5, 3, 3, 3, 1, 1, 1
<a href="#">Deadlift</a> (60% of 1 Rep Max)	2	8
<b>20 Min Circuit (Perform As Many Rounds As Possible)</b>		
Box Jumps on 24 - 36" Box (Holding 10 lbs)	-	10
Plyo Lunge (Holding 10 lbs)	-	12
Hang Clean (95 - 135 lbs)	-	20
Sled Drags	3	200 Ft
<a href="#">Leg Extension</a>	3	15
<a href="#">Leg Curl</a>	3	15
<a href="#">Back Extensions</a> (45 Degrees)	3	35
Toes to Bar	3	10
<a href="#">Standing Weighted Calf Raise</a>	3	20

