



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



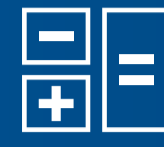
Diet Plans



Expert Guides



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Tools

POWER, MUSCLE, BURN LEG WORKOUT

Build big wheels by blasting your quads in different rep ranges, including the use of power, muscle building and burn sets.

Link to Workout: <https://www.muscleandstrength.com/workouts/power-muscle-burn-leg-workout.html>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 2 Days

Time Per Workout: 45-60 Mins

Equipment: Barbell, Bodyweight, Machines

Author: Steve Shaw

Monday: Quads

| Exercise | Sets | Reps |
|-------------------------------------|------|--------|
| Power: Squat | 4 | 3 - 5 |
| Muscle: Squat | 2 | 8 - 15 |
| Muscle: Leg Press | 2 | 8 - 15 |
| Muscle: Front Squat | 2 | 8 - 15 |
| Burn: Leg Extension | 1 | 40 |
| Burn: Hack Squat | 1 | 40 |

Thursday: Hamstrings

| Exercise | Sets | Reps |
|--|------|--------|
| Power: Romanian Deadlift | 4 | 3 - 5 |
| Muscle: Romanian Deadlift | 2 | 6 - 12 |
| Muscle: Wide Stance Good Morning | 2 | 6 - 12 |
| Muscle: Glute Ham Raise | 2 | 6 - 12 |
| Burn: Leg Curl | 2 | 40 |

