



**LEGS**  
**WORKOUT**

**QUAD FOCUSED**  
**LEG WORKOUT**



## QUAD FOCUSED LEG WORKOUT

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**TRAINING LEVEL:** INTERMEDIATE

**WORKOUT DURATION:** 1 DAY

### WORKOUT NOTES:

\*\*We recommend doing a few warm up sets before each exercise at a lower weight. This ensures you are properly warmed up and ready for your "working" sets.\*\*

EXERCISE	SETS	REPS	TEMPO	REST	VIDEO
Quad Focused Hack Squat (place feet a little lower on platform)	3	7, 7, 12	2110	2 Min	
Leg Press (place feet a little lower on platform)	2	12	2110	2 Min	
Leg Extensions	2	15	3110	2 Min	
Walking Lunges	1	MAX	2010	N/A	