

INEXPENSIVE MENS LEG WORKOUT

WARM UP	SETS	REPS
JUMP ROPE	2	2 MINUTES
MINI BAND MONSTER WALK	2	10 STEPS EACH WAY
MINI BAND FIRE HYDRANTS	2	10 EACH LEG
MINI BAND SQUAT	3	12 REPS

IF YOU DO NOT HAVE A MINI BAND JUST DO THE EXERCISES WITHOUT IT



INEXPENSIVE MENS LEG WORKOUT

STRENGTH DAY

SETS

REPS

SINGLE LEG ELEVATED

4

6 EACH LEG

GLUTE BRIDGE*

OVERHEAD BULGARIAN

4

8 EACH LEG

SPLIT SQUAT

BANDED SQUAT

4

12 REPS

BANDED GOOD MORNING

4

8 REPS



* PAUSE AT THE TOP FOR 3 SECONDS EACH REP

INEXPENSIVE MENS LEG WORKOUT

SPEED DAY

SETS

REPS

SPRINTS

4

30 METERS

SINGLE LEG HOPS

3

10 EACH LEG

BANDED SQUATS FOR

4

6 REPS

SPEED

SPRINTER STEP UPS

4

8 EACH LEG

*** IF YOU CANNOT SPRINT OUTSIDE SPRINT AGAINST A WALL FOR 15 SECONDS MAX EFFORT OR BANDED SPRINTS ***



REST TIME AND TIPS

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Rest time: For each exercise, you should rest for 90 seconds to 120 seconds. If you need more rest feel free to take more, just make sure you do not rest too long to the point where you need to warm up again