

MENS LEG WORKOUT WITH EQUIPMENT

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

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



MENS LEG WORKOUT WITH EQUIPMENT

STRENGTH DAY

SETS

REPS

SQUATS

4

3

TRAP BAR DEADLIFT

4

3

BARBELL HIP THRUST

3

6

BARBELL LUNGES

3

12 TOTAL

SINGLE LEG DEADLIFT

3

6 EACH LEG

(WITH PLATES)

IF YOU DO NOT HAVE ALL THE EQUIPMENT SIMPLY MODIFY IT TO SOMETHING YOU HAVE, BE CREATIVE!



MENS LEG WORKOUT WITH EQUIPMENT

SPEED

SETS

REPS

BANDED SPRINT

3

15 SECONDS

SQUATS FOR SPEED

4

6

TRAP BAR DL WITH JUMP

4

6

WEIGHTED STEP UP

3

6 EACH LEG

SPRINTER STEP UP

3

5 EACH LEG



KEEP THE WEIGHTS LIGHT ON THIS DAY FOCUS ON SPEED AND BEING EXPLOSIVE NOT STRENGTH!

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WEIGHT PROGRESSION

The strength days should be heavier with the squats being 80% of 1 rep max. After a week increase the weight by 5%, after 3 weeks retest your max then reset. The same principle can be applied to the trap bar deadlift.

For the speed day the amount of weight is not important, we prioritize speed and quality reps.