

1.3 Legs

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Regular workout

Created by Nicholas Falke on 1 Jan 2024, last updated on 1 Jan 2024.

est. 57 minutes

Equipment



Dumbbell

	Jog	1 set x 5 min	👉 Rest 90 sec between sets
	Leg press machine	4 sets x 8	👉 Rest 2 min between sets
	Dumbbell Romanian Deadlift	3 sets x 10	👉 Rest 90 sec between sets
	seated leg extension	3 sets x 12	👉 Rest 90 sec between sets

Superset of 3 sets

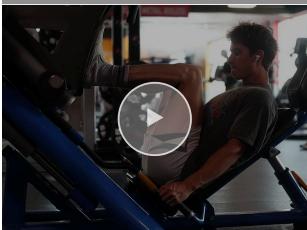
	Seated leg curl	10	
	Goblet Squat	10	
	Rest for 90 sec		

⟲ Repeat new set

	Dumbbell Walking Lunge	3 sets x 8 each leg	👉 Rest 90 sec between sets
	Calf raise on leg press machi...	3 sets x 15	👉 Rest 60 sec between sets

Jog

- Keep it light
- Goal: Warm up muscles/break a sweat



Leg press machine

- Brace core ("preparing for a punch to the stomach")
- Press back and butt flush with the backrest
- Use a tight grip on the handles (help with stability & lock in)
- Feet placement will place more load on certain parts of the legs:
- Higher feet placement = more hamstring recruitment
- Lower feet placement = more quad recruitment
- Wider stance and/or toes pointed outward = more outside leg recruitment
- Narrower stance and/or toes pointed inward = more inside leg recruitment
- Drive heels upward when pressing
- Descend the press slowly until knees are close to the chest or right before the tailbone starts to lift off of

the seat



Dumbbell Romanian Deadlift

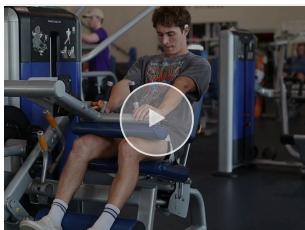
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- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Feet screwed into the ground w/ slight bend in the knees
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets) w/ arms in front of the legs
- Keep the arms and back straight throughout the whole rep
- Hinge the hips back (push butt back)
- Keep center of mass straight above the feet while following the dumbbells down the leg as if you were about to drop them onto your feet (you should feel a stretch in the back of your legs)
- Press the hips back forward, squeezing the glutes at the top of the rep



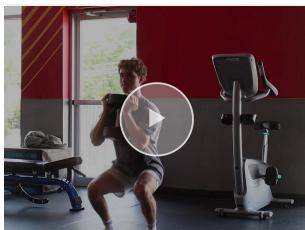
Seated Leg Extension

- Brace core ("preparing for a punch to the stomach")
- Press back and butt flush with the backrest
- Use a tight grip on the handles (help with stability & lock in)
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Kick the lower legs & squeeze at the top until the legs are almost straightforward, keep the ankles locked throughout the whole rep
- Slowly descend the legs on the release of the squeeze



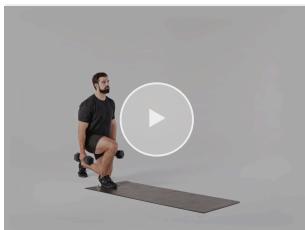
Seated Leg Curl

- Brace core ("preparing for a punch to the stomach")
- Press back and butt flush with the backrest
- Use a tight grip on the handles (help with stability & lock in)
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Legs locked underneath the leg pad
- Pull the heels towards the butt and squeeze at the end of the rep
- Slowly release the squeeze until the legs are almost back to straightforward



Goblet Squat

- Brace core ("preparing for a punch to the stomach")
- Head packed/chin tucked ("double chin")
- Shoulders packed (squeeze shoulder blades back and press shoulders down into back pockets)
- Elbows close to the side of the body
- Can use a small platform or plate to elevate heels onto (allows for a deeper squat due to a lack of ankle mobility)
- Drop the butt straight down onto "an invisible stool underneath"



Dumbbell Walking Lunge

- 1) When performing your lunges, ensure that your upper body stays over top of your back knee.
- 2) Front knee doesn't reach forward over top of your front toes.



Calf Raise on Leg Press Machine

- Brace core ("preparing for a punch to the stomach")
- Press back and butt flush with the backrest
- Use a tight grip on the handles (help with stability & lock in)
- Feet placement will place more load on certain parts of the legs:
 - Wider stance and/or toes pointed outward = more outside leg recruitment
 - Narrower stance and/or toes pointed inward = more inside leg recruitment
- Just the forefoot and up to the toes should make contact with the press platform
- Aim for a full stretch at the bottom and a full squeeze at the top

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3	Set 4
Jog	Distance miles Time m: s Speed Levels/Incline Calories burnt			

Leg press machine	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Romanian Deadlift	reps x	lbs	Dismiss	reps x	lbs	reps x	lbs	
seated leg extension	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Seated leg curl	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Goblet Squat	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Walking Lunge	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs
Calf raise on leg press machine	reps x	lbs	reps x	lbs	reps x	lbs	reps x	lbs

Previous Stats
