



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



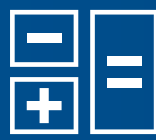
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WHEELS WORKOUT: 8 WEEK PROGRAM TO BUILD YOUR LEGS

If you want to have a truly aesthetic physique, you’re going to need a good looking set of wheels. This 8 week program will help you accomplish that.

Link to Workout: <https://www.muscleandstrength.com/workouts/8-week-wheels-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 1 Day

Time Per Workout: 45 - 60 Mins

Equipment: Bands, Barbell, Dumbbells, Machines

Target Gender: Male & Female

Author: [Roger “Rock” Lockridge](#)

Leg Day 1: Hamstring Emphasis

Exercise	Sets	Reps
Single Leg Curl	4	10 Each
Stiff-Legged Deadlift	3	10 , 8 , 6
Banded Good Mornings	3	12
A1. Adductor Machine	3	12
A2. Abductor Machine	3	12
Leg Press	3	12
Goblet Squat	3	12
<i>*Rest for 90 seconds between sets</i>		

Leg Day 2: Quadriceps Emphasis

Exercise	Sets	Reps
Single Leg Extension	4	10 Each
Front Squat	4	10 , 8 , 6 , 6
Hack Squat	3	12
Barbell Hip Thrust	3	12
Lying Leg Curl	3	15
<i>*Rest for 90 seconds between sets</i>		

