**Leg Workouts**

Exercising your legs is the most important workout, as legs are the biggest muscle group in the body and help with hormone release, blood circulation, and in some instances, cardiovascular training. Choose a workout that suits you from our options below!

Workout 1: Strength Focused

This workout will focus on the load that your legs can push, maximizing the full squat movement in all its range. The reps will be low, but the weight will be high.

1. 4x6 barbell squat
2. 4x8 leg press
3. 4x6 leg curls
4. 4x8 leg extensions

Important tip: make sure to take long breaks between sets as heavy leg days are very taxing on the cardiovascular system!

Workout 2: Volume Focused

This workout will focus more on the number of reps performed to test muscular endurance, rather than the weight.

1. 3x10 barbell squat
2. 3x12 leg press
3. 3x15 leg extensions
4. 4x15 calf raises

Important tip: even with the high number of reps, make sure to fully perform the squat, which means all the way down!

Workout 3: Beginner Focused

This workout will help beginners get used to the movement of the squat as it is a multi-joint movement and should always be performed with great caution and safety.

1. 3x6 bar squat (no weight)
2. 3x6 goblet squat
3. 3x6 leg extensions

Important tip: perform the reps slowly to avoid muscle strain!