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THE PUSH PULL LEGS ROUTINE OVERVIEW

This push pull legs routine consists of 6 training days per week. The leg workout featured in this PDF can be used for one of your “leg” days during the week and will focus on targeting your lower body muscles (quadriceps, glutes, hamstrings, and calves). The “push” and “pull” workouts will be provided in separate PDFs.

4 WEEKS CALENDAR EXAMPLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Push	Pull	Legs	Rest	Push	Pull	Legs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	Push	Pull	Legs	Rest	Push	Pull

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Legs	Rest	Push	Pull	Legs	Rest	Push

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pull	Legs	Rest	Push	Pull	Legs	Rest

The exact days don't matter for your workouts, but the key is to get at least one rest day in between each consecutive 3 workouts. Ab training can be thrown into the main workouts as well, or performed on rest days.

THE LEGS WORKOUT

Beginner/novice lifters should stay on the lower end of the volume requirements whereas more experienced lifters can opt for the higher recommendation of sets for some/all of the exercises.

EXERCISE	SETS	REPS	REST (M)
Back Squats OR Front Squats	3-4	6-10	2-3
Barbell Hip Thrust	3-4	12-15	2-3
Split Squats (beginner) OR Bulgarian Split Squats (advanced)	4 each leg	8-12	1 min between each leg
Glute Ham Raise	3-4	10-15	2

EXERCISE 1 (OPTION A): BACK SQUAT

STEP 1 (PLACEMENT)

Grab the bar with an overhand grip slightly wider than shoulder-width. Place the bar on your upper-back (traps) by dipping under the bar. Raise your chest up and retract your shoulder blades.

STEP 2 (UNRACK)

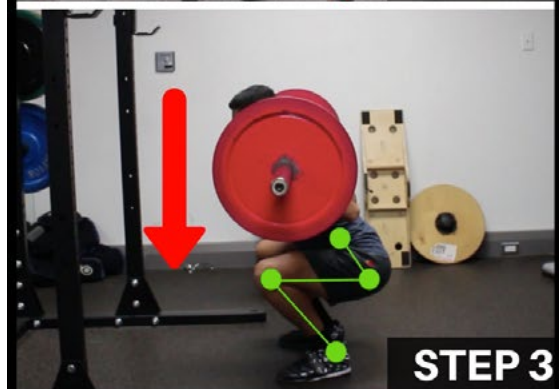
Unrack the bar, take 3 steps back, then adjust your footing. Your feet should be shoulder-width apart or a little wider. You can point your toes out slightly if this is more comfortable. But play around with foot positioning to find what's comfortable for you.

STEP 3 (DESCENT)

Take a deep breath in and hold it. You want to use this breath to brace your core (think about contracting your abs how you would if someone were to punch your stomach). Move your hips back while bending your knees to squat down. Squat down until your thighs are at least parallel to the ground. If you have the mobility to do so, then you can go further below parallel.

STEP 4 (ASCENT)

Squat back up by pushing through your heels. Keep your knees in line with your toes by thinking about "spreading the floor apart" with your feet. Avoid creeping up on your toes or collapsing your knees inward. Keep your lower back neutral and your chest up. You can exhale as you press up, or keep your breath held and then exhale at the top position. Then repeat for more reps.



EXERCISE 1 (OPTION B): FRONT SQUAT

STEP 1 (PLACEMENT)

You have a couple options as for placement of the bar for the front squat. You can place the bar on the front delts and crossover your hands OR stick both elbows forward and keep your wrists under the bar if your wrist mobility allows for this. Whichever is most comfortable for you, as long as your elbows remain high at shoulder-level as you perform the squat.

STEP 2 (UNRACK)

Unrack the bar, take 3 steps back, then adjust your footing. Your feet should be shoulder-width apart or a little wider. You can point your toes out slightly if this is more comfortable. But play around with foot positioning to find what's comfortable for you.

STEP 3 (DESCENT)

Move your hips back while bending your knees to squat down. Squat down until your thighs are at least parallel to the ground. If you have the mobility to do so, then you can go further below parallel.

STEP 4 (ASCENT)

Squat back up by pushing through your mid-foot. Keep your knees inline with your toes by thinking about “spreading the floor apart” with your feet. Avoid creeping up on your toes or collapsing your knees inward. Keep your lower back neutral and your chest up. You can exhale as you press up, or keep your breath held and then exhale at the top position. Then repeat for more reps.



EXERCISE 2: BARBELL HIP THRUST

STEP 1 (SETUP)

Get into the starting position by placing your shoulderblades on the bench and feet about shoulder width apart and toes slightly pointed outwards. Roll the weighted barbell over your hips into the start position.

STEP 2 (THRUST)

Drive your hips towards the ceiling. You want your shoulder blades to stay on the bench and your feet positioned so that your shins are vertical when in the top position. Avoid arching your lower back and instead push your hips forward into posterior pelvic tilt by contracting your glutes. At the top position, your back and butt should be inline and your chin should be tucked.

STEP 3 & 4 (DESCENT)

Lower back down by dropping your hips until your butt almost touches the floor, then repeat for another rep (step 4). Again, avoid any arching of the lower back and keep your glutes engaged.



EXERCISE 3 (BEGINNER): SPLIT SQUATS

STEP 1 (SETUP)

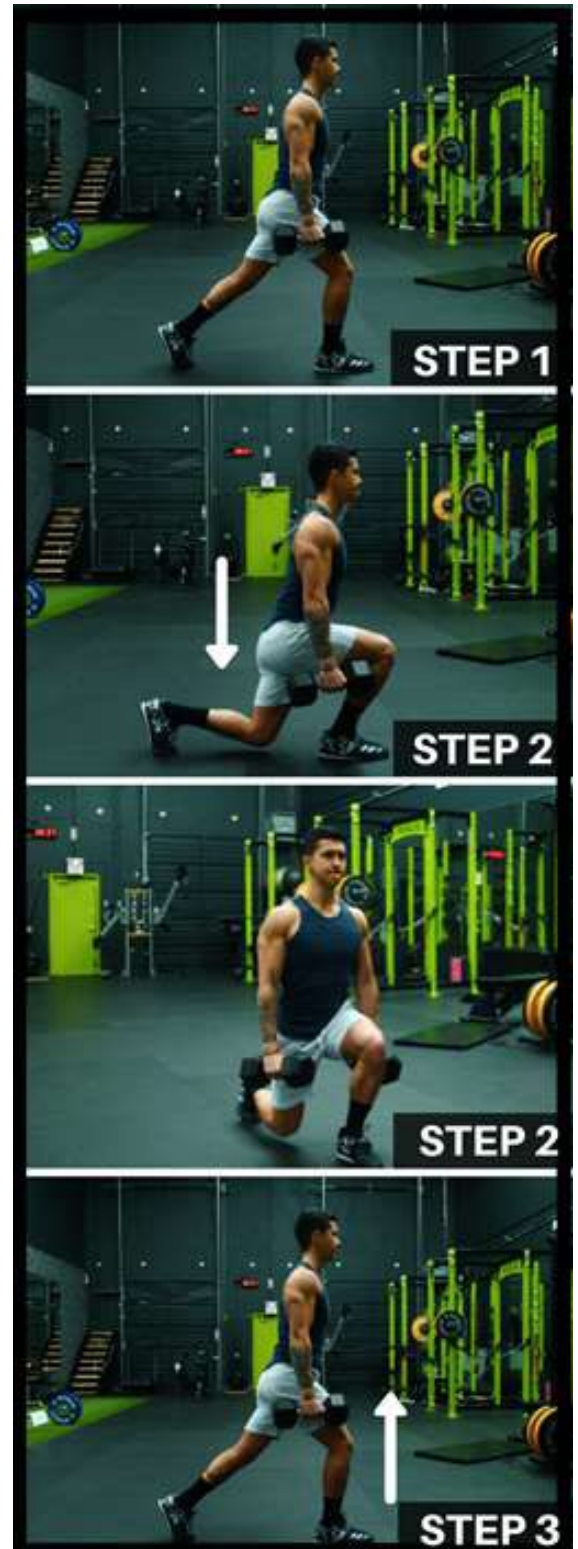
Grab a pair of dumbbells. Take one step forward and plant your feet here. The farther your step, the more your glutes will be targeted. The closer your step, the more your quadriceps will be targeted. Choose what you'd like to focus on more.

STEP 2 (DESCENT)

Descend by bending your back knee until it almost touches the ground. Keep your back toes in contact with the floor just for balance, but keep most of the pressure in your front foot.

STEP 3 (ASCENT)

Push up by pressing against the floor with your front foot. Avoid using too much assistance from your back leg/foot. Keep your spine neutral as you do so (avoid excessively arching or rounding the lower back).



EXERCISE 3 (ADVANCED): BULGARIAN SPLIT SQUAT

STEP 1 (SETUP)

Grab a dumbbell in each hand and place your back foot on the top of a bench or any elevated platform. Your front foot can then be positioned based on what you want to target. Take a shorter step forward if you want to target the quads more, or a longer step forward if you want to target the glutes more.

STEP 2 (DESCENT)

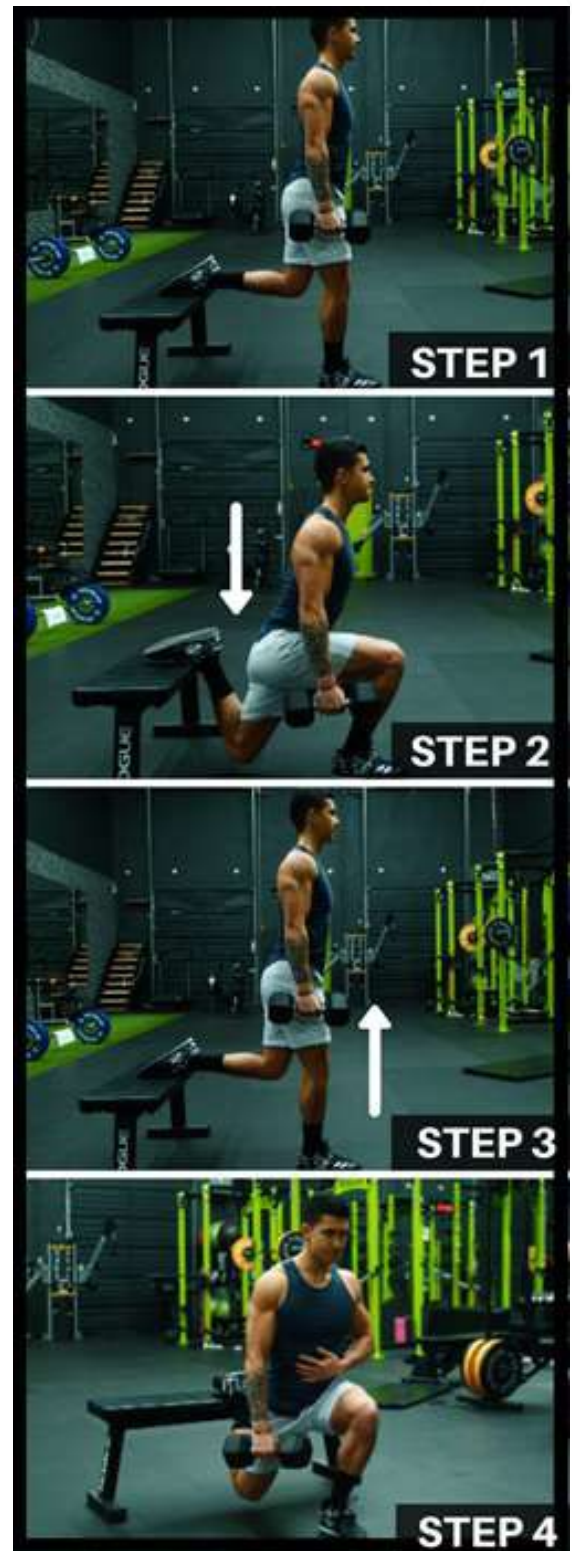
After you get your set up right, bend your front knee until your thigh is at least parallel with the ground.

STEP 3 (ASCENT)

Push back up through your front foot. Your heel shouldn't raise off the floor and you want to keep your head, back, and hips aligned throughout each rep. Your upper body can lean forward slightly. Repeat for more reps.

STEP 4 (CONTRALATERAL)

Once you are able to balance well with the normal version, perform 2 of the 4 sets by holding onto just one (heavier) dumbbell in the opposite hand as your front leg. This will help better target the important glute medius muscle.



EXERCISE 4: GLUTE HAM RAISE

STEP 1 (SETUP)

Set up the foot plate such that your feet can lay flat and your knees are positioned just behind the pad when in the starting position. The closer to the “thigh pad” you adjust the foot plate, the harder the exercise will be. So if you’re having a hard time, move the foot plate further away to lessen the lever during the movement.

STEP 2 (DESCENT)

Brace your core (“tighten” your abs) and slowly lower your body in a controlled fashion by contracting your hamstrings and glutes. Your knees should gradually straighten while keeping your head, back, and hips inline. Descend either to parallel to the ground or slightly below (depending on what you’re capable of).

STEP 3 (ASCENT)

Ascend by contracting contracting your hamstrings and glutes by bending at the knees while keeping your upper body in a straight line, and then repeat for more reps. Your upper body should move as one unit. Avoid excessive arching or rounding of the back – a little bit is fine. If you’re feeling it more in your lower back, then it’s an indication that your hamstrings/glutes are weak and you should regress the exercise either by adjusting the footplate or starting with an alternative.

