

7 Day Leg Day Workout Plan PDF

Day 1: Quadriceps Focus

Barbell Back Squats: 4 sets x 8-10 reps
Leg Press: 3 sets x 10-12 reps
Walking Lunges: 3 sets x 12-15 steps per leg
Leg Extensions: 3 sets x 12-15 reps
Calf Raises: 4 sets x 15-20 reps

Day 2: Hamstrings & Glutes Focus

Romanian Deadlifts: 4 sets x 8-10 reps
Hip Thrusts: 3 sets x 10-12 reps
Leg Curls: 3 sets x 10-12 reps
Bulgarian Split Squats: 3 sets x 10-12 reps per leg
Standing Calf Raises: 4 sets x 15-20 reps

Day 3: Rest/Active Recovery

Day 4: Plyometrics and Functional Exercises

Box Jumps: 4 sets x 8-10 reps
Kettlebell Swings: 3 sets x 12-15 reps
Step-Ups: 3 sets x 10-12 reps per leg
Sled Push or Medicine Ball Slams: 3 sets x 40-50 feet or 12-15 slams
Seated Calf Raises: 4 sets x 15-20 reps

Day 5: Quadriceps Volume

Front Squats: 4 sets x 8-10 reps
Hack Squats: 3 sets x 10-12 reps
Leg Press (Feet High and Narrow): 3 sets x 10-12 reps
Walking Lunges with Dumbbells: 3 sets x 12-15 steps per leg
Calf Raise Machine: 4 sets x 15-20 reps

Day 6: Glutes, Hamstrings, and Calves Hypertrophy

Sumo Deadlifts: 4 sets x 8-10 reps
Cable Pull-Throughs: 3 sets x 10-12 reps
Single-Leg Romanian Deadlifts: 3 sets x 10-12 reps per leg
Glute-Ham Raises: 3 sets x 8-10 reps
Seated Calf Raises: 4 sets x 15-20 reps

Day 7: Rest/Active Recovery

JUSTFIT!