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Thread: [Leg day](#)

Aqzxk - January 30, 2017, 3:26 pm

What's your routine.. today I did squat, hex bar and lunges with some calf raises. Not too much, still won't walk tomorrow lol.

Truth - January 30, 2017, 3:29 pm

box jumps, squats, calf raises

sometimes I mix it up but those are my go to

ZYZZBRAHH - January 30, 2017, 4:06 pm

cool good to see you like to workout legs.

Aqzxk - January 30, 2017, 4:07 pm

(Jan 30, 2017 05:06 PM)ZYZZBRAHH Wrote: [\[CITE\]](#) cool good to see you like to workout legs. I really don't lol

I focus on my chest and my back. Arms will come naturally by doing those

SIM-2273342 - January 30, 2017, 4:10 pm

(Jan 30, 2017 05:07 PM)Wisconsin Wrote: [\[CITE\]](#) I really don't lol

I focus on my chest and my back. Arms will come naturally by doing those

I dread doing leg day, but I make sure to always work it in. I do the following workouts in the following order: squats, leg extensions, leg press, leg curls, deadlifts, hack squats, and finish off with calves.

My favorite day would be today, chest day. I do the following: bench, incline dumbbell press, incline dumbbell flies, cable fly to press, decline push-ups, alternating curls, both arm curls, double bicep cable curls, and finish off with reverse curls

A P P L E - January 30, 2017, 4:10 pm

1. Barbell Squat
2. Leg Press
3. Dumbbell Walking Lunge
4. Leg Extensions
5. Romanian Deadlift
6. Lying Leg Curls
7. Standing Calf Raises

Cost - January 30, 2017, 5:21 pm

I hit legs twice a week and like to mix it up sometimes. I mostly go heavy on one day and do high volume on the other. My routine consists of:

Back squats
Bulgarian split squats
Leg press

Hyperextensions
Romanian deadlifts
Hamstring curls
Leg extensions
Seated/standing calf raises
And sometimes deadlifts as well.

aimware - January 30, 2017, 7:24 pm

Squats, front squats, overhead squats, clean pulls

Hu??n?TeR? - January 31, 2017, 1:40 pm

I fucking love leg day, after you get through the initial pain of it, it becomes fun.

Squats, Hack Squats, Romanian Deadlifts, Leg extensions and press/lunges - then hit calves with 3 exercises

Finish up on the elliptical trainer for 20 minutes if you want to cry whilst the veins in your legs explode :)

A P P L E - January 31, 2017, 5:30 pm

Quads – squats, lunges, one legged squats, box jumps.

Butt and Hamstrings – hip raises, deadlifts, straight leg deadlifts, good mornings, step ups.

Fiery - January 31, 2017, 7:53 pm

Standing long jump, running long jump, box jump, high jump, pistol squats, jump squats, one leg sprints, frog jumps

Usually what I do

Dianab0lical. - February 1, 2017, 7:08 am

I dreaded doing leg day, pre-dbol. :) Now I wake up the next day and my legs are SOMETIMES a bit stiff, never really sore though.

My leg routines are pretty straightforward, usually goes like this on squat:

Code - Warmup: 135 x 5

- Warmup: 225 x 5

- Warmup: 315 x 5

- Warmup: 405 x 5

- Work: Working Weight x 5 x 5 -OR- 3 x 3 -OR- 2 x 2

- Burnout: 50lbs under working set for at least 6 reps, usually 8+.

Everything else doesn't really matter. You want your squat bigger, squat harder. I do usually pepper in either leg press, or some leg curls/extensions and usually the twat spreader for my hip flexors.

Parks - February 1, 2017, 6:32 pm

Lmao I remember my first leg day I miss being that sore tbh, incorporate some deadlifts either that be straight legged or whatever.

caz247 - February 1, 2017, 7:43 pm

Legs usually stick with squatting, deadlifting, leg press

Never used to do legs in all honesty

now i do them almost every workout as doing legs (or almost full body you could say)

to elicit a maximal hormonal response, cuz legs are the largest muscle group

