



ULTIMATE LEGS WORKOUT

1. Physioball Hamstring Curl / Vertical Jump

Ramp Up Sets: 3x8@30 seconds rest / 3 Explosive Jumps

Working Sets: 3x8@30 seconds rest / 3 Explosive Jumps

Coaching Notes: Drive your hips up and use your hamstrings to explosively bend your knees simultaneously on this one. This should look smooth and coordinated. At the peak contraction where your hips are fully extended, and knees are bent to 90 degrees, hold that position for a split second and control yourself back down to the floor. After each ramping and working set of 8 reps, stand up and get into an athletic position and explode up straight in the air for maximal height for 3 jumps. Reset yourself for each of the 3 jumps to maximise explosiveness.

2. Barbell Box Squat / Half Kneeling Hip Flexor Stretch

Ramp Up Sets: 3x5@60 sec rest / Hip Flexor Stretch 30 Seconds Per Side

Working Sets: 4x5@60 sec rest/ Hip Flexor Stretch 30 Seconds Per Side

Coaching Notes: This is your big squat movement of the day, so we are going to load this heavy and be sure to push your limits around your 5 Rep max for all 4 sets. Stay tight through the core and use a bit of a wider stance on this one. Control the descent and come to a complete seated position at the bottom of the movement. With a slight rocking mechanism, come up explosively and squeeze the gluteal group at the top of every rep for a full second before moving onto the next rep. This will ensure tension throughout the movement. In your rest periods drop down on one knee and stretch each hip flexor for 30 seconds. Maintain neutral alignment in the pelvis and core during this stretch and focus on deep diaphragmatic breathing.

3. Dumbbell Reverse Lunge

Ramp Up Sets: 1x10@45 sec rest

Working Sets: 3x10@45 sec rest

Coaching Notes: Now that we have moved through the big movement of the day in the barbell box squat, we are moving into our more isolated single leg variations. We will concentrate on the non-alternating dumbbell reverse lunge to put some concentrated metabolic stress through the quads and gluteal group. Be sure you are using a slight forward angle of the torso as you are stepping back to recruit more glutes and take the stress of the anterior knee. Do all reps on one side then move directly to the other side followed by a 45 second rest period. This will get your heart rate up and breathing hard.

4. Barbell RDL

Ramp Up Sets: 2x8@45

Working Sets: 4x8@45

Coaching Notes: We are going to focus the last big compound lift of the day on the hip hinge variation using the barbell RDL. This is going to be a nice stretch to counteract all the quad centric movements of today. I want you to go heavy with full range of motion. While maintaining a neutral spine, stretch the hamstrings as far as possible under control and explosively bring yourself back up into a neutral position, squeezing the glutes for a full second at the top of the movement. Be sure to use 10 kg plates on the barbell, as you can accentuate the stretch further and not be limited by the larger plates contacting the ground at the bottom of the motion.



5. Bodyweight Speed Squat + Iso-Hold

Ramp Up Sets: NONE

Working Sets: 2x25+30sec Iso-Hold @45

Coaching Notes: Time to challenge you with nothing except your bodyweight and your tolerance to metabolic and mechanical stress through the legs. No ramp up sets here, as we are jumping right into 2 sets of 25 reps for working sets. You are going to explosively move up and down out of the bodyweight squat using your hands out in front of your body to counteract the squat and make it feel smooth and powerful. After you complete 25 reps, you will sit down into your last rep in the bottom of the squat position and hold that isometric contraction for 30 seconds. This will burn but fight the urge to give up!

6. OPTIONAL – Kettlebell/Dumbbell Swing Heart Rate Ramp

Ramp Up Sets: NONE

Working Sets: 10x20@30

Coaching Notes: If the speed squats with isometric holds didn't quite leave your legs in the dust, here's an optional finisher for this primary leg day. Using a dumbbell, or preferably a kettlebell if you have access, we are going to be completing a heart rate ramp with the swing movement. Simply complete 10 rounds of 25 quick and explosive swings with 30 seconds of rest in between rounds. I want this movement to snap through at the hips, so keep it hinge dominant and use the backside of your body. No going above the head here. We are going Russian style swings to focus on lower body development and maintain tension throughout the movement.

7A. Banded Good Morning

Ramp Up Sets: NONE

Working Sets: 3x30@0

Coaching Notes: For the good mornings, get a band under your feet and place it around your neck. Focus on using your glutes, erectors and hamstrings to work the movement with accommodating band resistance that is far easier on the spine than its loaded variation. Go for 30 reps then move right into an alternating bodyweight lunge.

7B. Bodyweight Walking Lunge

Ramp Up Sets: NONE

Working Sets: 3xAMRAP@60

Coaching Notes: These will be performed in alternating fashion with no touching down between steps. What that means is that when your back foot pulls through, you are not touching down under your hips, but rather just continuing that leg through to step forward. This will really torch your legs. Keep the hands down at the sides and try to get a split-second pause at the bottom of every single lunge. These should really elicit a pump and be mentally draining. Just go for as many steps as you can and rest 60 seconds because you are doing a total of 3 rounds of this superset.

