

Leg Workout Plan

Day 1: Quadriceps and Hamstrings

- Warm-up: 5-10 minutes of light cardio (jogging, jumping jacks, etc.)
- Squats: 3 sets of 8-12 reps
 - Stand with feet shoulder-width apart, toes facing forward
 - Lower body down into a squat, keeping back straight and knees behind toes
 - Push through heels to return to standing
- Leg Press: 3 sets of 8-12 reps
 - Sit in a leg press machine with feet shoulder-width apart on the platform
 - Push platform away from you, extending legs
 - Slowly lower platform back down to starting position
- Lunges: 3 sets of 8-12 reps (per leg)
 - Stand with feet together, take a large step forward with one foot
 - Lower body down into a lunge, keeping front knee behind toes and back knee almost touching ground
 - Push through front heel to return to standing
- Cool-down: 5-10 minutes of stretching

Day 2: Glutes and Calves

- Warm-up: 5-10 minutes of light cardio (jogging, jumping jacks, etc.)
- Deadlifts: 3 sets of 8-12 reps
 - Stand with feet shoulder-width apart, toes facing forward
 - Bend down and grab a weight or barbell with hands shoulder-width apart
 - Lift weight up to hip level, squeezing glutes and pushing hips back
 - Lower weight back down to starting position
- Glute Bridges: 3 sets of 12-15 reps
 - Lie on your back with knees bent and feet flat on the ground
 - Lift hips up towards ceiling, squeezing glutes and pushing heels towards ground
 - Lower hips back down to starting position
- Calf Raises: 3 sets of 12-15 reps
 - Stand on a step or platform with heels hanging off the edge
 - Raise up onto tiptoes, then lower back down to starting position

- Cool-down: 5-10 minutes of stretching

Day 3: Rest Day

Day 4: Legs (Different Muscle Groups)

- Warm-up: 5-10 minutes of light cardio (jogging, jumping jacks, etc.)
- Leg Extensions: 3 sets of 12-15 reps
 - Sit in a leg extension machine with legs extended out in front of you
 - Lift weight up, straightening legs
 - Lower weight back down to starting position
- Leg Curls: 3 sets of 12-15 reps
 - Sit in a leg curl machine with legs hanging off the edge of the bench
 - Curl legs up towards glutes, then lower back down to starting position
- Step-Ups: 3 sets of 12-15 reps (per leg)
 - Stand in front of a step or platform with one foot on the step and the other foot on the ground
 - Step up onto the platform with the foot that is on the ground
 - Step back down to the starting position with the same foot
- Cool-down: 5-10 minutes of stretching

Progress Tracking

- Weight: Record your weight at the beginning and end of each week
- Measurements: Record your measurements at the beginning and end of each week
- Workout Log: Record each workout, including the exercises, sets, reps, and weight used

Why Track Progress?

- Tracking your progress can help you stay motivated and see the results of your hard work.
- It can also help you identify any changes in your body composition and muscle growth.

How to Track Progress

- **Weight:** Weigh yourself at the same time every week (e.g. Monday morning) and record your weight in a log or spreadsheet.
- **Measurements:** Take your measurements at the same time every week (e.g. Monday morning) and record them in a log or spreadsheet.
- **Workout Log:** Record each workout in a log or spreadsheet, including the date, exercise, sets, reps, and weight used.

Example Progress Tracking Log

Date	Weight	Measurements	Workout Log
2024-10-06	150 lbs	Waist: 30 in, Hip: 40 in, Thigh: 20 in	Squats: 3 sets of 8 reps, 100 lbs
2024-10-13	148 lbs	Waist: 29 in, Hip: 39 in, Thigh: 19 in	Deadlifts: 3 sets of 8 reps, 120 lbs
2024-10-20	146 lbs	Waist: 28 in, Hip: 38 in, Thigh: 18 in	Lunges: 3 sets of 8 reps, 90 lbs

By following this leg workout plan and tracking your progress, you can stay motivated and see the results of your hard work. Remember to be patient and consistent, and don't be afraid to adjust your training program as needed.