

# The Ultimate LEG DAY

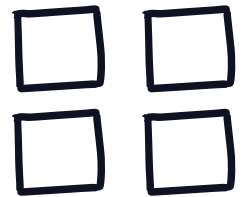
## Workout Plan

**Equipment needed: optional pair of dumbbells and mat.**

### Squats

Essential for building overall leg strength. Engage quads, hamstrings, glutes, and core. Maintain good form: chest up, back straight, knees tracking over toes.

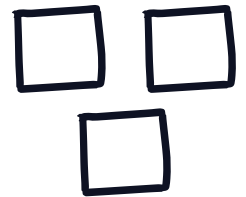
4 sets of  
8 reps



### Bulgarian Split Squats

Addresses imbalances between legs. Place one foot behind on a bench and lower until front thigh is parallel to the ground. Push back up through the heel.

3 Sets of  
5 Reps  
per Side



### Single-Leg Romanian Deadlifts (SL RDLs)

Targets hamstrings and improves balance. Hinge at hips with one leg off the ground, lowering weights until feeling a stretch in hamstrings.

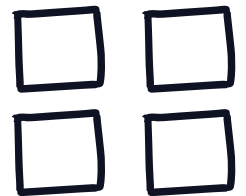
2 Sets of  
10 Reps  
per Side



### Side Lunges

Works inner and outer thighs. Enhances stability and strength. Step out to the side, keeping toes forward, and lower into the lunge with knee over toes.

4 sets of  
5 reps  
per Side



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## Workout Plan

*Checklist Continued...*

**Equipment needed: optional pair of dumbbells and mat.**

### Calf Raises

Builds lower leg strength and endurance.  
Perform with toes on a raised surface for a deeper stretch.

3 Sets of  
5 Reps  
per Side

