



Legs – Mechanical Drop Sets

Built for high tension, max pump, and pushing through failure with smart variation shifts.

Warm Up: 5-7 min light cardio + 2 light sets of leg extensions and bodyweight lunges

1) Barbell Front Squat

6-8 reps. Followed immediately by...

Barbell Back Squat

6-8 reps. Followed immediately by...

Dumbbell Goblet Squat to Bench

6-8 reps

Rest: 75-90 sec

Total sets: 3

2) Dumbbell Bulgarian Split Squat

8-10 reps with each side. Followed immediately by...

Dumbbell Backward Lunge

8-10 reps with each side. Followed immediately by...

Body Weight Step Up to Lunge

8 reps with each side

Rest: 75 sec

Total sets: 3

3) Lying Leg Curl Machine

10-12 reps. Followed immediately by...

Barbell Hip Thrust

10-12 reps. Followed immediately by...

Dumbbell Hip Thrust

10-12 reps

Rest: 60 sec

Total sets: 3

4) Standing Calf Raise Machine

10-12 reps. Followed immediately by...

Seated Calf Raise Machine

10-12 reps. Followed immediately by...


Body Weight Calf Raise

To failure


Rest: 60-sec

Total sets: 3

Coach's Corner — Legs Edition

 **You didn't just train legs — you pushed through barriers.**

 Each drop kept you working past fatigue without touching the weight stack.

 From squats to bridges, you moved from strong positions to smart, sustainable burnout.

That's how you build legs with depth, power, and balance. Keep stacking the work.

