



Day 4: Legs & Calves — Volume Wave Training

Focus: Develop strength and size through the quads, hamstrings, and glutes, while finishing with focused calf work. You'll combine bilateral and unilateral training for max leg stimulation and complete lower-body growth.

Warm-Up (5–7 min):

- Bodyweight walking lunges x 10 per leg
- Glute bridges x 15
- Lateral band walks x 10 per side
- 1 warm-up set: goblet squat + leg curl

Wave Set 1: Barbell Back Squat

- Set 1: 10–12 reps
- Set 2: 8–10 reps
- Set 3: 15 reps (lighter weight, deep stretch and control)
- Brace your core, hit depth, and move with control.
- Rest 90–120 seconds

Wave Set 2: Quad Dominant Superset

- A1. Bulgarian Split Squat (Dumbbells) — 3 sets: 12, 10, 15 reps per leg
- A2. Leg Extension (controlled tempo) — 3 sets: 12–15 reps
- Minimal rest between. Keep posture tall and drive through the lead leg.

Wave Set 3: Hamstring + Glute Tension

- Romanian Deadlift (Dumbbell or Barbell)
- Set 1: 10–12 reps
- Set 2: 8–10 reps
- Set 3: 15+ reps (lighter, deep stretch, slow eccentric)
- Rest 75–90 seconds

Wave Set 4: Calf Volume Superset

- B1. Leg Press Calf Raise (deep stretch, controlled tempo) — 3 sets: 12, 10, 15 reps
- B2. Standing Calf Raise (hold at top) — 3 sets: 15+ reps
- Minimal rest. Focus on full range of motion — stretch and squeeze hard.

Coach's Corner

You didn't just survive leg day — you mastered it. The Bulgarian split squats built balance and control, the RDLs hit the posterior chain, and calves were finished with power and precision. Legs grow from intensity and consistency — today delivered both. Own the discomfort. That's where the growth lives.