

Day 4: Legs & Calves — Cluster Set Training (Hypertrophy Format)

Focus

Stimulate all major lower-body muscles with controlled cluster sets. This format helps you lift heavier while managing fatigue — ideal for building size without wrecking your joints.

Warm-Up (5–7 minutes)

- Bodyweight Reverse Lunge x 10 per leg
- Glute Bridge x 15
- Banded Lateral Walk x 10 steps each way
- Goblet Squat x 15 (light)

Cluster Set 1: Barbell Back Squat

- Format: 6–8 reps → rest 15–20 sec → 3–4 reps → rest 15–20 sec → 2–3 reps
 - Perform 3 total clusters
 - Rest 2–3 min between clusters
- *Stay tight through your core and glutes. Aim for full depth with control.*

Cluster Set 2: Dumbbell Romanian Deadlift

- Format: 10 reps → rest 15 sec → 4 reps → rest 15 sec → 3–4 reps
 - Perform 3 total clusters
 - Rest 90 sec between clusters
- *Maintain a flat back. Feel the stretch in your hamstrings.*

Cluster Set 3: Bulgarian Split Squat (Bodyweight or Weighted)

- Format: 8 reps per leg → rest 15 sec → 4 reps per leg → rest 15 sec → 3 reps per leg
 - Perform 2 total clusters per leg
- *Use dumbbells or bodyweight. Focus on control, not momentum.*

Calf Cluster Finisher: Standing DB Calf Raise (with pause at top)

- Format: 15 reps → rest 10 sec → 8 reps → rest 10 sec → 6 reps
 - Perform 3 total clusters
- *Hold at the top for 2 seconds. Get full stretch at the bottom.*

Coach's Corner

Leg training doesn't have to wreck you to be effective. The cluster set structure lets you lift heavy, recover slightly, and repeat — creating volume and intensity without burnout. Focus on clean reps, strong positions, and consistent effort. Your legs will thank you.