

# High Volume Leg Day Workout

**Dynamic stretching  
10 minutes of stairmaster**

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**Romanian Deadlift - 4 sets of 8  
Smith Machine Lunges - 5 sets of 12 (each side)  
Leg Press - 4 sets of 8  
Leg Press with elevated heels - 4 sets of 12  
Calf Raises - 4 sets of 8**

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**Cable Hamstring Curls - 4 sets of 12  
Cable Glute Kickback - 4 sets of 12  
Barbell Hip Thrusts - 4 sets of 12**

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**Squat w/ side leg raise - 3 sets of 20 (optional ankle weights)  
Reverse lunge with a kick - 3 sets of 20 (optional ankle weights)  
Glute Bridges - 5 sets of 20**