

High Volume Leg Day Workout

Dynamic stretching

10 minutes of stairmaster

~~~~

**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**

~~~~

Cable Hamstring Curls - 4 sets of 12

Cable Glute Kickback - 4 sets of 12

Barbell Hip Thrusts - 4 sets of 12

~~~~

**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**