

# LEG IT!



**T-SHIRT FILLERS LOOK GREAT, BUT LEGS PROVIDE A SOLID PLATFORM FOR THE REST OF YOUR BODY. BF'S COACH POTTS EXPLAINS HOW YOU CAN BUILD A PERFECT PAIR OF PISTONS**

WE'VE ALL SEEN THEM; GUYS WHO BOAST BARREL CHESTS AND ARMS LIKE POPEYE, BUT WHO HAVE LOOSE THREADS HANGING FROM THEIR SHORTS. MANY GYM GOERS AVOID WORKING ON THEIR LEGS BECAUSE

- A) IT'S HARD WORK**
- B) YOU CAN'T SHOW THEM OFF IN A T-SHIRT.**

**HOWEVER,  
IGNORE  
YOUR LEGS  
AT YOUR PERIL**

"This workout is designed to be utilised once a week as it is fairly high volume and your legs will need time to recover," explains Potts. "Muscle size relates directly to its capacity to recover, so the good news is there is nothing to stop someone doing upper body two to three times per week provided they split the workload into chest, shoulders, arms and back, shoulders, arms.

"This workout is aimed at promoting maximum growth by stimulating muscle fibres through differing weights and times under tension, ensuring the body adapts to endurance and strength type training to some degree.

"The big compound lifts are done with lower reps and higher weights and the smaller, more isolated movements are done to higher reps and lower weights to stimulate hypertrophy. As always, trainees should eat clean and eat lots for the best results with minimal fat gain!"

So, limber up and get busy, time to give those pins the workout they crave!



**WORKOUT BY COACH POTTS**



	Legs Workout	Sets	Sets	Sets	Tempo	Rest
A	Back Squat	1 x 5	1 x 8	1 x 10	3010	60-90s
B	Romanian Deadlift	1 x 5	1 x 8	1 x 10	3010	60-90s
C	Reverse Lunges	1 x 10	1 x 10	1 x 10	XXXX	60-90s
D1	Leg Extension	1 x 10-12	1 x 10-12	1 x 10-12	3010	0s
D2	Leg Curls	1 x 10-12	1 x 10-12	1 x 10-12	3010	0s
D3	Calf raise	1 x 10-12	1 x 10-12	1 x 10-12	2020	30-60s

# LEGS WORKOUT

CLICK TO VIEW  WORKOUT VIDEO

