

QUADS

WEEK 1

EXERCISE	SETS	REPS	COMMENTS
Leg extensions	5	15	Rest 90 seconds between sets.
Hack squats	5	15	Rest 2 minutes between sets.
Squats	5	10	Rest 3 minutes between sets.

WEEK 2

EXERCISE	SETS	REPS	COMMENTS
Leg extensions	5	25	Rest 60 seconds between sets.
Squats	5	15	Rest 2 minutes between sets.
Hack squats	5	20	Rest 90 seconds between sets.

WEEK 3

EXERCISE	SETS	REPS	COMMENTS
Squats	4	15 + 5	Rest 3 minutes between sets.
Leg presses	4	15 + 5	Rest 2 minutes between sets.
Smith machine squats	4	10 + 5	Rest 2 minutes between sets.
Leg extensions	3	20 + 5	Rest only 60 seconds between sets.

WEEK 4

EXERCISE	SETS	REPS	COMMENTS
Leg extensions	4	15	SUPERSET: Rest 3 minutes between each superset, beginning with leg extensions and followed immediately by dumbbell squats.
Dumbbell squats	4	15	
Leg presses	4	15	SUPERSET: Rest 3 minutes between each superset, beginning with leg presses and followed immediately by hack squats.
Hack squats	4	15	

WEEK 5

EXERCISE	SETS	REPS	COMMENTS
Box squats	4	10	Rest 3 minutes between sets.
Rack squats	4	10	Rest 90 seconds between sets.
Goblet squats	4	30	Rest 90 seconds between sets.
Reverse hack squats	4	10	Rest 90 seconds between sets.

WEEK 6

EXERCISE	SETS	REPS	COMMENTS
Single-leg extensions	4	25	Perform one side, and then perform the other immediately, but only rest for 60 seconds between sets.
Single-leg presses	4	25	Perform one side, and then perform the other immediately, but only rest for 60 seconds between sets.
Bulgarian split squats	4	Failure	Perform one side, and then perform the other immediately, but only rest for 60 seconds between sets.
Walking lunges	4	Failure	Perform one side, and then perform the other immediately, but only rest for 60 seconds between sets.

WEEK 7

EXERCISE	SETS	REPS	COMMENTS
Squats	10	30 / 25 / 20 / 15 / 10 / 10 / 15 / 20 / 25 / 30	Rest 3 minutes between each of these DTP sets.

WEEK 8

EXERCISE	SETS	REPS	COMMENTS
Leg presses	10	50 / 40 / 30 / 20 / 10 / 10 / 20 / 30 / 40 / 50	DTP SUPERSET: Perform 50 reps of leg presses followed immediately by 50 reps of hack squats. Rest for 3 minutes before your next DTP superset.
Hack squats	10	50 / 40 / 30 / 20 / 10 / 10 / 20 / 30 / 40 / 50	

WEEK 9

EXERCISE	SETS	REPS	COMMENTS
Leg extensions	5	15	Rest 90 seconds between sets.
Hack squats	5	15	Rest 2 minutes between sets.
Squats	5	10	Rest 3 minutes between sets.

WEEK 10

EXERCISE	SETS	REPS	COMMENTS
Leg extensions	5	25	Rest 60 seconds between sets.
Squats	5	15	Rest 2 minutes between sets.
Hack squats	5	20	Rest 90 seconds between sets.

WEEK 11

EXERCISE	SETS	REPS	COMMENTS
Squats	4	15 + 5	Rest 3 minutes between sets.
Leg presses	4	15 + 5	Rest 2 minutes between sets.
Smith machine squats	4	10 + 5	Rest 2 minutes between sets.
Leg extensions	3	20 + 5	Rest 60 seconds between sets.

WEEK 12

EXERCISE	SETS	REPS	COMMENTS
Leg extensions	4	15	SUPERSET: Rest 3 minutes between each superset, beginning with leg extensions and followed immediately by dumbbell squats.
Dumbbell squats	4	15	
Leg presses	4	15	SUPERSET: Rest 3 minutes between each superset, beginning with leg presses and followed immediately by hack squats.
Hack squats	4	15	