

# Leg Mass Workout

Exercise	Sets	Reps
Barbell Squat	5	6,6,8,8,10
Leg Press	4	6,8,8,10
Hack Squat	3	10,10,10
Romanian Deadlift	3	10,10,10
Leg Extension	2	12,12
Standing Calf Raise	3	12,12,15
Seated Calf Raise	3	12,12,15