



No equipment

3-WEEK

LEG DAY

CHALLENGE



PLAN INTRODUCTION

The 3 Weeks Leg Day Challenge for Men is a workout program designed to strengthen and build muscles in the lower body. The program targets all major leg muscles using a combination of compound and isolation exercises, with increasing intensity over three weeks. Proper nutrition and recovery techniques are also incorporated. A professional fitness coach provides guidance and support, and participants can expect noticeable improvements in lower body strength and overall physique by the end of the program.



It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.

WORKOUT PLAN



WEEK 1

DAY 1	<ul style="list-style-type: none">• Warm-up: 5 minutes of light cardio• Squats: 3 sets 10 reps• Leg Press: 3 sets 10 reps• Leg Extensions: 3 sets 12 reps• Walking Lunges: 3 sets 10 reps per leg• Cool-down: 5 minutes of stretching
DAY 2	<ul style="list-style-type: none">• Warm-up: 5 minutes of light cardio• Deadlifts: 3 sets 10 reps• Glute Bridges: 3 sets 10 reps• Romanian Deadlifts: 3 sets 12 reps• Calf Raises: 3 sets 15 reps• Cool-down: 5 minutes stretching
DAY 3	REST
DAY 4	<ul style="list-style-type: none">• Warm-up: 5 minutes light cardio• Bulgarian Split Squats: 3 sets 10 reps per leg• Hip Thrusts: 3 sets 10 reps• Leg Curls: 3 sets 12 reps• Standing Calf Raises: 3 sets 15 reps• Cool-down: 5 minutes stretching
DAY 5	<ul style="list-style-type: none">• Warm-up: 5 minutes of light cardio• Step-ups: 3 sets 10 reps per leg• Hack Squats: 3 sets 10 reps• Good Mornings: 3 sets 12 reps• Seated Calf Raises: 3 sets 15 reps• Cool-down: 5 minutes stretching
DAY 6-7	REST

WEEK 2

DAY 1	<ul style="list-style-type: none">• Warm-up: 5 minutes light cardio• Squats: 3 sets 12 reps• Leg Press: 3 sets 12 reps• Leg Extensions: 3 sets 15 reps• Walking Lunges: 3 sets 12 reps per leg• Cool-down: 5 minutes stretching
DAY 2	<ul style="list-style-type: none">• Warm-up: 5 minutes of light cardio• Deadlifts: 3 sets of 12 reps• Glute Bridges: 3 sets of 12 reps• Romanian Deadlifts: 3 sets of 15 reps• Calf Raises: 3 sets of 20 reps• Cool-down: 5 minutes of stretching
DAY 3	REST
DAY 4	<ul style="list-style-type: none">• Warm-up: 5 minutes of light cardio• Bulgarian Split Squats: 3 sets of 12 reps per leg• Hip Thrusts: 3 sets of 12 reps• Leg Curls: 3 sets of 15 reps• Standing Calf Raises: 3 sets of 20 reps• Cool-down: 5 minutes of stretching
DAY 5	<ul style="list-style-type: none">• Warm-up: 5 minutes of light cardio• Step-ups: 3 sets of 12 reps per leg• Hack Squats: 3 sets of 12 reps• Good Mornings: 3 sets of 15 reps• Seated Calf Raises: 3 sets of 20 reps• Cool-down: 5 minutes of stretching
DAY 6-7	REST

WEEK 3

DAY 1	<ul style="list-style-type: none">• Standing calf raises - 4 sets of 12 reps• Seated calf raises - 4 sets of 12 reps• Single-leg calf raises - 3 sets of 12 reps per leg
DAY 2	<ul style="list-style-type: none">• Barbell squats - 3 sets 8 reps• Bulgarian split squats - 3 sets 8 reps per leg• Romanian deadlifts - 3 sets 8 reps• Leg press - 3 sets 12 reps• Leg extensions - 3 sets 12 reps• Lying leg curls - 3 sets 12 reps
DAY 3	REST
DAY 4	<ul style="list-style-type: none">• Donkey calf raises - 4 sets of 12 reps• Standing calf raises with dumbbells - 4 sets of 12 reps• Calf press on leg press machine - 3 sets of 12 reps
DAY 5	<ul style="list-style-type: none">• Deadlifts - 3 sets of 8 reps• Front squats - 3 sets of 8 reps• Barbell lunges - 3 sets of 8 reps per leg• Hack squats - 3 sets of 12 reps• Leg curls - 3 sets of 12 reps• Leg extensions - 3 sets of 12 reps
DAY 6-7	REST



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