

# 12 WEEK LEG WORKOUT ROUTINE FOR STRENGTH AND MASS

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## Instructions to Perform Exercises on Leg Day:

- **Warm-up:** Perform five to 10 minutes of warm-up to increase your heart rate and activate your lower body muscles. You can run on the treadmill, do stationary bicycling, or perform some lower body [cardio exercises](#).
- **Progressive Overload:** If you want to build strength and size, you should increase the number of reps and sets or load over time to challenge your muscles. Studies suggest increasing the load or putting more stress on your muscles helps promote strength and hypertrophy.
- **Keep yourself hydrated:** Keeping yourself hydrated during the workout helps improve performance and minimize the risk of injuries, a [study published by the Journal of Human Kinetics](#) Suggested.
- **Adjustment:** You can make appropriate changes in this program according to your fitness level.

## Week 1

### Monday (Moderate Weight)

Exercise	Reps	Rest
Dumbbell Front Squat	20, 15, 12	2-3 min
Machine Leg Press	20, 15, 12	2-3 min
<a href="#">DB Romanian Deadlift</a>	12, 10, 8	2-3 min
Machine Leg Curl	20, 15, 12	1-2 min

### Thursday (Heavy Weight)

Exercise	Reps	Rest
SM Back Squat	10, 8, 6, 4	2-3 min
Dumbbell Front Lunges	10, 8, 6	2-3 min

<a href="#">Barbell Hip Thrust</a>	12, 10, 8	2-3 min
Standing Calf Raises	15, 12, 10	1-2 min

## Week 2

### Monday (High Reps Focus)

Exercise	Reps	Rest
<a href="#">Dumbbell Pop Squat</a>	20, 15, 12	2-3 min
Machine Leg Extension	20, 15, 12	1-3 min
Dumbbell Step-up	12, 10, 10	1-3 min
Machine Leg Curl	20, 15, 12	1-3 min

### Thursday (Weight Focus)

Exercise	Reps	Rest
Machine Leg Press	12, 10, 8, 6	2-3 min
<a href="#">Barbell Jammer</a>	10, 8, 6	2-3 min
Barbell Hip Thrust	12, 10, 8	2-3 min
Standing Calf Raises	15, 12, 10	1-2 min

## Week 3

### Monday (Training Hypertrophy)

Exercise	Reps	Rest
Bulgarian Split Squat	20, 15, 12	1-3 min
<a href="#">Heavy Weight Farmer Walk</a>	20, 15, 12 (steps)	1-2 min
Machine Leg Curl	20, 15, 12	1-3 min
<a href="#">Cable Pull Through</a>	20, 15, 12	1-3 min

### Thursday (Training for Strength)

Exercise	Reps	Rest
Barbell Back Squat	10, 8, 6, 4	2-3 min
Machine Leg Press	12, 10, 8, 6	2-3 min
Barbell Hip Thrust	12, 10, 8, 6	2-3 min
Seated Machine Calf Raises	15, 12, 10, 8	1-2 min

## Week 4

### Monday

Exercise	Reps	Rest
Dumbbell Walking Lunge	15, 12, 10	1-3 min
Leg Extension	20, 15, 12	1-2 min
Dumbbell Step-up	20, 15, 12	1-3 min
Cable Pull Through	20, 15, 12	1-3 min

### Thursday

Exercise	Reps	Rest
Trap Bar Deadlift	10, 8, 6, 4	2-3 min
Machine Leg Press	12, 10, 8, 6	2-3 min
Barbell Hip Thrust	12, 10, 8, 6	2-3 min
Glute Ham Raise	15, 12, 10	1-2 min

## Week 5

### Monday

Exercise	Reps	Rest
Reverse Lunges	15, 12, 10	1-3 min
Dumbbell Goblet Squat	20, 15, 12	1-2 min
Machine Leg Curl	20, 15, 12	1-3 min
DB Single-leg Glute Bridge	12, 10, 10	1-3 min

### Thursday

Exercise	Reps	Rest
Barbell Back Squat	10, 8, 6, 4	2-3 min
Cable Pull Through	12, 10, 8, 6	2-3 min
Barbell Hip Thrust	12, 10, 8, 6	2-3 min
Standing Calf Raises	15, 12, 10, 8	1-2 min

## Week 6

### Monday

Exercise	Reps	Rest
<a href="#">Dumbbell Curtsy Squat</a>	15, 12, 10	1-3 min
Hack Squat	20, 15, 12	1-3 min

Leg Extension	20, 15, 12	1-3 min
<a href="#">Prone Frog Lifts</a>	20, 15, 12	1-3 min

## Thursday (Weight Focus)

Exercise	Reps	Rest
Machine Leg Press	12, 10, 8, 6	2-3 min
Barbell Jammer	10, 8, 6, 4	2-3 min
Barbell Lunges	12, 10, 8	2-3 min
Dumbbell Romanian Deadlift	10, 8, 6, 4	1-3 min

## Week 7

### Monday

Exercise	Reps	Rest
Dumbbell Front Squat	20, 15, 12	2-3 min
Machine Leg Press	20, 15, 12	2-3 min
Single-leg Deadlift	12, 10, 8	2-3 min
Machine Leg Curl	20, 15, 12	1-2 min

### Thursday

Exercise	Reps	Rest
Manual Back Squat	10, 8, 6, 4	2-3 min
Cable Pull Through	10, 8, 6, 4	2-3 min
Barbell Hip Thrust	12, 10, 8, 6	2-3 min
Standing Calf Raises	15, 12, 10, 8	1-2 min

## Week 8

### Monday

Exercise	Reps	Rest
Dumbbell Pop Squat	20, 15, 12	2-3 min
Machine Leg Extension	20, 15, 12	1-3 min
Dumbbell Step-up	12, 10, 10	1-3 min
Machine Leg Curl	20, 15, 12	1-3 min

### Thursday

Exercise	Reps	Rest
Machine Leg Press	12, 10, 8, 6	2-3 min

Barbell Jammer	10, 8, 6	2-3 min
Barbell Hip Thrust	12, 10, 8	2-3 min
Standing Calf Raises	15, 12, 10	1-2 min

## Week 9

### Monday

Exercise	Reps	Rest
Bulgarian Split Squat	20, 15, 12	1-3 min
Heavy Weight Farmer Walk	20, 15, 12 (steps)	1-2 min
Machine Leg Curl	20, 15, 12	1-3 min
Dumbbell Frog Pumps	20, 15, 12	1-3 min

### Thursday

Exercise	Reps	Rest
Barbell Back Squat	10, 8, 6, 4	2-3 min
Machine Leg Press	12, 10, 8, 6	2-3 min
Barbell Hip Thrust	12, 10, 8, 6	2-3 min
Seated Machine Calf Raises	15, 12, 10, 8	1-2 min

## Week 10

### Monday

Exercise	Reps	Rest
Dumbbell Cluster	15, 12, 10	1-3 min
Hack Squat	20, 15, 12	1-2 min
Dumbbell Step-up	20, 15, 12	1-3 min
<a href="#">Long Leg March</a>	20, 15, 12	1-3 min

### Thursday

Exercise	Reps	Rest
Trap Bar Deadlift	10, 8, 6, 4	2-3 min
Machine Leg Press	12, 10, 8, 6	2-3 min
Barbell Hip Thrust	12, 10, 8, 6	2-3 min
Glute Ham Raise	15, 12, 10	1-2 min

## Week 11

### Monday

Exercise	Reps	Rest
Reverse Lunges	15, 12, 10	1-3 min
Dumbbell Goblet Squat	20, 15, 12	1-2 min
Machine Leg Curl	20, 15, 12	1-3 min
DB Single-leg Glute Bridge	12, 10, 10	1-3 min

### Thursday

Exercise	Reps	Rest
Machine Leg Press	12, 10, 8, 6	2-3 min
Barbell Jammer	10, 8, 6, 4	2-3 min
Barbell Lunges	12, 10, 8	2-3 min
Romanian Deadlift	10, 8, 6, 4	1-3 min

## Week 12

### Monday

Exercise	Reps	Rest
DB Curtsy Lunges	15, 12, 10	1-3 min
Hack Squat	20, 15, 12	1-3 min
Leg Extension	20, 15, 12	1-3 min
Prone Frog Lifts	20, 15, 12	1-3 min

### Thursday

Exercise	Reps	Rest
Manual Back Squat	10, 8, 6, 4	2-3 min
Cable Pull Through	10, 8, 6, 4	2-3 min
Barbell Hip Thrust	12, 10, 8, 6	2-3 min
Standing Calf Raises	15, 12, 10, 8	1-2 min

## The Bottom Line

Working out your legs will also help you improve endurance, shed significant calories, [enhance cardiovascular health](#), and boost athletic performance.

However, you need a good workout routine to train your legs effectively and achieve maximum results.

I've shared some instructions that will help you design a workout program for yourself. But if you need a ready-to-use leg workout routine, you can follow the above plan.

You can do this leg workout routine for 12 weeks to see progress. I hope it will make a difference.

#### **Related Programs:**

- [12-Week Progressive Overload Program](#)
- [12-Week Body Transformation Workout Plan](#)
- [Free 12-Week Ab Workout Plan to Forge Six-Pack Abs](#)
- [12-Week Glute Program](#)
- [12-Week Bench Press Program](#)

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