

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---------|--------------------|----------|-------------------------------------|----------|
| | Quads 20 min Stationary bike | Hams | 20 min stepmill | | Whole Leg 20 min Stepmill | |
| | Quads 20 min jog or treadmill | Hams | 30 min stepmill | | Whole Leg 30 min stepmill | |
| | Quads 40 min stationary bike | Hams | 40 min stepmill | | Whole Leg 40 min stepmill | |
| | Quads 20 min stationary bike | Hams | 20 min stepmill | | Whole Leg 20 min stepmill | |
| | Quads 20 min jog or treadmill | Hams | 30 min stepmill | | Whole Leg 30 min stepmill | |
| | Quads 40 min stationary bike | Hams | 40 min stepmill | | Whole Leg 40 min stepmill | |

Week 1:

- Quads
 1. Pliet Squat (3x5-6)
 2. Seated Leg Extensions (3x5-7)
 3. Adductor Machine (4x8-10)
- Hams
 1. Deadlifts (3X5-6)
 2. Bear Squats (3x5-6)
 3. Machine Prone Leg Curl (4x5-7)
 4. Abductor Machine (4x8-10)
- Whole Leg
 1. Power-Style Barbell Back Squat (3x5-6)
 2. Dumbbell Walking Lunge (3x10 each leg)
 3. Single-Leg Machine Press (3x5-6 each leg)

Week 2:

- Quads
 1. Box Jumps (4x10)
 2. Barbell Front Squats (5x10-12)
 3. Machine Leg Extensions (5x10-12)
 4. Adductor Machine (5x10-12)
- Hams
 1. Straight-leg deadlifts (5x10-12)
 2. Dumbbell Leg Curl (5x10-12)

3. Wide-Stance Machine Leg Press (5x10-12)
4. Abductor Machine (5x10-12)

- Whole Leg

1. Standard Barbell Squat (10x10)
2. Goblet Squat (5x10-12)
3. Machine Leg Extensions (7x12-15)
4. Machine Prone Leg Curl (7x12-15)

Week 3:

- Quads

1. Donkey Squats (5x10)
2. Machine Leg Extensions (5x10)
3. Close-Stance Leg Press (5x10)

- Hams

1. Standard Deadlift (5x10)
2. Single-Leg Machine Curl (5x12-15)
3. Hyperextensions (5x12-15)

- Whole Leg

1. Standard Machine Leg Press (7x12-15)
2. Weighted Box Steps (7x12-15 each leg)
3. Band Side Walks (4x10 each leg)
4. Adductor Machine (7x12-15)

Week 4

- Quads

1. Pliet Squats (4x5-6)
2. Machine Leg Extensions (4x5-6)
3. Adductor Machine (4x5-6)

- Hams

1. Bear Squats (4x5-6)
2. Single-Leg Machine Curls (4x5-6)
3. Hyperextensions (4x10)

- Whole Leg

1. Box Jumps (3x10)
2. Power-Style Barbell Back Squats (3x5)
3. Deadlifts (4x5)
4. Standard Machine Leg Press (3x5)

Week 5

- Quads

1. Pause-and-Hold Machine Leg Extensions (10x10)
2. Close-Stance Leg Presses (7x10)
3. Stop-and-Hold Adductor Machine (7x8)
4. Goblet Squats (7x8)
5. Dumbbell Walking Lunges (4x10 each leg)

- Hams

1. Straight-Leg Deficit Deadlifts (10x10)
2. Single-Leg Machine Leg Curl (8x10)
3. Wide-Stance Leg Presses (10x10)

4. Bear Squats (8x10)
5. Abductor Machine (7x12-15)

- Whole Leg

1. Standard Machine Leg Press (10x10)
2. Goblet Squats (4x15)
3. Prone Machine Leg Curl (8x12-15)
4. Abductor Machine (7x12-15)

Week 6

- Quads

1. Barbell Front Squats (5x12-15)
2. Single-Leg Machine Extensions (5x12-15)
3. Adductor Machine (5x12-15)

- Hams

1. Rack Pulls (5x12-15)
2. Prone Machine Leg Curls (5x12-15)
3. Adductor Machine (5x12-15)

- Whole Leg

1. Barbell Standard Back Squat (5x15)
2. Single-Leg Machine Presses (5x15)
3. EZ Bar or Straight Bar Walking Lunges (5x10 each leg)