



PROFESSIONAL'S NAME: Joey Schloeder @ MuscleMind ([msclnmnd.com](http://msclnmnd.com))

**WORKOUT : WEDNESDAY: LEGS DATE: MONTH 1**  
**GOAL: HYPERTROPHY**

**WARM-UP**

Exercise	Sets	Duration	Coaching Tip
Jumping Jacks		60 seconds	
Walking lunges		60 seconds	
Seated Leg Extensions	3	10	Pre Activation: Slow and controlled. Light Weight

**RESISTANCE**

Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Barbell Deadlifts	3	10	2/0/2	90-120 sec	tempo is 2 second concentric/0 hold/2 eccentric
Back Squat	3	10	2/0/2	“	
Step Back Lunges	3	16	2/0/2	“	8 reps each side
Seated Leg Extensions	3	10	2/0/2	60-90 sec	
Lying Hamstring Curls	3	10	2/0/2	“	
Standing Calf Raises	3	10	2/0/2	“	
Stiff Leg Dumbbell Deadlifts	3	16	2/0/2	“	light weight. Focus on hamstring stretch

**COOL-DOWN**

Exercise	Sets	Duration	Coaching Tip
Treadmill/walk cool down		5 minutes	
Dynamic Stretching		5 minutes	

Coaching Tips:



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**WORKOUT : WEDNESDAY: LEGS DATE: MONTH 2**  
**GOAL: HYPERTROPHY**

WARM-UP			
Exercise	Sets	Duration	Coaching Tip
Jumping Jacks		60 seconds	
Walking lunges		60 seconds	
Seated Leg Extensions	3	10	Pre Activation: Slow and controlled. Light Weight

RESISTANCE					
Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Barbell Deadlifts	4	9	2/0/2	90-120 sec	tempo is 2 second concentric/0 hold/2 eccentric
Back Squat	4	9	2/0/2	“	
Step Back Lunges	4	14	2/0/2	“	7 reps each side
Seated Leg Extensions	4	9	2/0/2	60-90 sec	
Lying Hamstring Curls	4	9	2/0/2	“	
Standing Calf Raises	4	9	2/0/2	“	
Stiff Leg Dumbbell Deadlifts	3	16	2/0/2	“	light weight. Focus on hamstring stretch

COOL-DOWN			
Exercise	Sets	Duration	Coaching Tip
Treadmill/walk cool down		5 minutes	
Dynamic Stretching		5 minutes	

Coaching Tips:

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**WORKOUT : WEDNESDAY: LEGS DATE: MONTH 3**  
**GOAL: HYPERTROPHY**

WARM-UP			
Exercise	Sets	Duration	Coaching Tip
Jumping Jacks		60 seconds	
Walking lunges		60 seconds	
Seated Leg Extensions	3	10	Pre Activation: Slow and controlled. Light Weight

RESISTANCE					
Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Front Squats	3	10	2/0/2	90-120 sec	tempo is 2 second concentric/0 hold/2 eccentric
Dumbbell Deadlifts	3	10	2/0/2	“	
Walking Lunges	3	16	2/0/2	“	8 reps each side
Single Leg Lunge	3	20	2/0/2	“	10 reps each side
Seated Hamstring Curls	3	10	2/0/2	60-90 sec	
Seated Calf Raises	3	10	2/0/2	“	
Body Weight Squats	2	AMRAP	2/0/2	“	

COOL-DOWN			
Exercise	Sets	Duration	Coaching Tip
Treadmill/walk cool down		5 minutes	
Dynamic Stretching		5 minutes	

Coaching Tips:



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**WORKOUT : WEDNESDAY: LEGS DATE: MONTH 4**  
**GOAL: HYPERTROPHY**

**WARM-UP**

Exercise	Sets	Duration	Coaching Tip
Jumping Jacks		60 seconds	
Walking lunges		60 seconds	
Seated Leg Extensions	3	10	Pre Activation: Slow and controlled. Light Weight

**RESISTANCE**

Exercise	Sets	Reps	Tempo	Rest	Coaching Tip
Front Squats	4	9	2/0/2	90-120 sec	tempo is 2 second concentric/0 hold/2 eccentric
Dumbbell Deadlifts	4	9	2/0/2	“	
Walking Lunges	3	20	2/0/2	“	10 reps each side
Single Leg Lunge	3	24	2/0/2	“	12 reps each side
Seated Hamstring Curls	4	9	2/0/2	60-90 sec	
Seated Calf Raises	4	9	2/0/2	“	
Body Weight Squats	2	AMRAP	2/0/2	“	

**COOL-DOWN**

Exercise	Sets	Duration	Coaching Tip
Treadmill/walk cool down		5 minutes	
Dynamic Stretching		5 minutes	

Coaching Tips: