



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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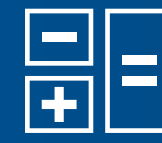
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## BURN-TO-GROW QUAD WORKOUT ROUTINE

Build massive quadriceps with the Burn-to-Grow Quad workout routine. This 4 week quad workout uses high volume & increased time under tension for growth!

Link to Workout: <https://www.muscleandstrength.com/workouts/burn-to-grow-quad-workout>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 4 Weeks

**Days Per Week:** 1 Day

**Time Per Workout:** 30-45 Mins

**Equipment:** Barbell, Bodyweight, Dumbbells, Machines

**Author:** Team SAN

## Burn-to-Grow Quad Routine

Exercise	Sets	Reps	Rest
<a href="#">Squats</a>	3	20, 15, 12	30 - 40 Secs
<a href="#">Sissy Squats</a>	3	10	30 Secs
<a href="#">Leg Extensions</a>	4	10	30 Secs
<a href="#">Reverse Lunge</a>	3	10	30 - 40 Secs

See [article](#) for notes on the Burn-to-Grow Quad workout.