



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



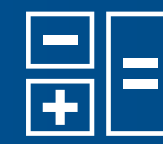
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QUAD DESTROYER: 10 SETS OF SQUATS WORKOUT

This is a specialization workout for lifters with lagging quads. It can be performed in an ongoing manner, and features 2 intense weeks followed by a deload week.

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

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 3 Weeks

Days Per Week: 1 Day

Time Per Workout: 45-60 Mins

Equipment: Barbell, Dumbbells, Machines

Author: Max Riley

Weeks 1 & 2

Exercise	Sets	Reps
Squat*	10	3, 5, 8, 10 - 12
Leg Press	3	20
Walking Dumbbell Lunge	3	10

*Squats: Set 1: Work up to a heavy 3 rep set; Sets 2 - 4: Drop the weight by 10% & perform 5 reps for each set; Sets 5 - 7: Drop the weight by 10% & perform 8 reps for each set; Sets 8 - 10: Drop the weight by 10% & perform 10 - 12 reps for each set.

Week 3

Exercise	Sets	Reps
Squat	3	8 - 10
Leg Press	3	10 - 15
Walking Dumbbell Lunge	3	10

Week 3 is lighter than Weeks 1 & 2 because it's meant to be used as a working deload.