



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



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Workouts



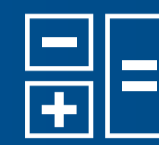
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## TRAIN LIKE AN OLYMPIAN: BRANCH WARREN'S LEG WORKOUT

Top Olympian and Team Gaspari member Branch Warren has some of the biggest wheels to ever hit a bodybuilding stage. This feature takes an inside look at his high impact leg workout.

Link to Workout: <https://www.muscleandstrength.com/workouts/olympian-branch-warren-leg-workout>

**Main Goal:** Build Muscle

**Training Level:** Intermediate

**Program Duration:** 8 Weeks

**Days Per Week:** 1 Day

**Time Per Workout:** 75-90 Mins

**Equipment:** Barbell, Machines

**Author:** Ron Harris

### Olympian Leg Workout

Exercise	Sets	Reps
<a href="#">Leg Extensions</a>	6	20
<a href="#">Leg Press</a> *	5	28
<a href="#">Hack Squats</a> (Up to 7 Plates per Side)	4	10
Nautilus Duo Squat**	4	15
<a href="#">Squats</a> (Up to 495 lbs)	4	10
<a href="#">Inclined Lying Leg Curl</a>	4	15
<a href="#">Seated Leg Curl</a>	4	15
<a href="#">Lying Leg Curl</a>	4	15

\* Leg Press: Finish w/ 28 Total Plates; 1260 lbs plus sled. \*\* Nautilus Squat: Legs are alternated w/ this machine from the early 1980's, so it's really a [Single-Leg Press](#).