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FITNESS COACH

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## Killer Leg Day Workout for Strongest Girl - Program #1

| Point                | Summary                                                                                                |
|----------------------|--------------------------------------------------------------------------------------------------------|
| Main Goal            | Build stronger, more muscular and well-developed legs with emphasis on glutes and hamstrings           |
| Workout Type         | Strength + Hypertrophy                                                                                 |
| Training Level       | Intermediate to Advanced                                                                               |
| Program Duration     | Not specified – can be used as part of a structured training program                                   |
| Training Frequency   | 1 Leg Day per week                                                                                     |
| Workout Duration     | Approximately 60–75 minutes                                                                            |
| Equipment Required   | Barbell, plates, squat rack, leg extension machine, hamstring curl machine, calf raise setup           |
| Target Muscle Groups | Glutes, Hamstrings, Quadriceps, Calves, Inner Thighs                                                   |
| Target Gender        | Female                                                                                                 |
| Training Split       | Lower Body / Leg Day                                                                                   |
| Primary Focus        | Lower-body strength, muscle growth, controlled tempo, progressive overload and overall leg development |

### Killer Leg Day Workout

| No. | Exercise                | Sets × Reps | Training Focus    |
|-----|-------------------------|-------------|-------------------|
| 1   | Sumo Hover Lift         | 3 × 8–10    | Slow & Controlled |
| 2   | Barbell Squats          | 3 × 4–6     | Heavy             |
| 3   | Elevated SLDL           | 2 × 10–15   | Tempo Focus       |
| 4   | Standing Hamstring Curl | 4 × 10–12   | Controlled        |
| 5   | Leg Extension           | 3 × 12–15   | Intensity Focus   |
| 6   | Calf Raise              | 3 × 12–15   | Tempo Focus       |

#### How to Perform This Workout Safely

This leg workout is designed for women who want to build stronger, more muscular, and well-defined legs, with extra focus on the glutes and hamstrings. The workout combines heavy strength exercises with controlled movements to support muscle growth and overall lower-body development. Start with a proper warm-up before training, especially for the hips, knees, and ankles. Perform each exercise with good form and controlled movement rather than using excessive weight. For exercises like Barbell Squats, use a challenging weight but always keep your technique correct. During movements such as Sumo Hover Lift and Elevated SLDL, focus on slow and controlled reps to properly work the target muscles. Avoid rushing through the exercises or using momentum. Keep your core tight, maintain proper posture, and control the weight throughout every repetition. Gradually increase the weight or reps as your strength improves, but do not sacrifice form for heavier weight. Take around 60–120 seconds of rest between sets, depending on the exercise and intensity. If you experience sharp or unusual pain, stop the exercise and reassess your technique. Proper recovery, nutrition, hydration, and adequate sleep are also important for muscle growth and stronger legs.

## I would add these sections:

1. **Warm-Up**
  - 5–10 minutes light cardio
  - Hip, knee and ankle mobility
  - 1–2 light warm-up sets before heavy squats
2. **Exercise Order / Instructions**
  - Start with the heaviest compound movement when appropriate.
  - Mention that the listed order should generally be followed.
  - Explain when to increase weight.
3. **Rest Period**
  - Heavy squats: **2–3 minutes**
  - Other exercises: **60–90 seconds**
  - Calf raises: **45–60 seconds**
4. **Progressive Overload**
  - Gradually increase weight, reps, or control over time.
  - Don't increase weight if form starts breaking down.
5. **RPE / Intensity**
  - Most sets should finish with around **1–3 reps left in reserve (RIR)**.
  - This makes the program more professional than simply saying "train hard."
6. **Cool-Down**
  - 5 minutes of easy movement.
  - Light stretching for quads, hamstrings, glutes and calves.
7. **Recovery & Nutrition**
  - Adequate protein and calories.
  - Good hydration.
  - Proper sleep and recovery between leg sessions.
8. **Important Note About “Leg Extension – 3 × Surprise”**
  - I would change “**Surprise**” to something more professional, such as:  
**3 × 12–15 + Drop Set on Final Set**

Or, if you specifically want a surprise/intensity concept:

**3 × 12–15 + Intensity Finisher**

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