



IAAPH

International Association for Athletic Performance & Health

The leg workout for beginners consists of 5 compound resistance training exercises that can be used during the Skill Acquisition and Hypertrophy training phases.

The goal is for the athlete to develop proper exercise execution, enhance muscle balance, develop neural pathways and improve glycolytic energy pathways.



Philipp Halfmann

Director of Exercise & Sports Science

	Exercise	Sets	Reps	Rest (sec)	Duration
1	Back Squat	3	15	90	6m 45s
2	Forward Lunge	3	12	90	6m 18s
3	Lateral Lunge	3	16	90	6m 54s
4	Modified Deadlift	3	15	90	6m 45s
5	Romanian Deadlift	3	15	90	6m 45s
6					
7				Total Duration:	33m 27s

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