

Lesson 7

Leg Muscle Training of Athletic Performance

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Anatomy of the Leg Muscles: Understanding the Key Players

Quadriceps

Located on the front of the thigh. Responsible for knee extension.

Hamstrings

Located on the back of the thigh. Responsible for knee flexion and hip extension.

Calves

Located on the back of the lower leg. Responsible for plantar flexion of the foot.

Compound Exercises: The Foundation of Leg Day

1

Squats

Targets quads, hamstrings, and glutes. Enhances overall lower body strength.

2

Deadlifts

Works the entire posterior chain.
Builds power and stability.

3

Lunges

Improves balance and coordination. Strengthens each leg individually.

Isolation Exercises: Sculpting and Defining



Leg Extensions

Focuses on the quadriceps. Great for targeting individual muscles.



Hamstring Curls

Isolates the hamstrings. Improves definition and strength.



Calf Raises

Targets the calf muscles. Enhances lower leg aesthetics.

Progressive Overload: Driving Muscle Growth

1

Increase Weight

Gradually add more weight to exercises. Challenge the muscles to adapt.

2

Increase Reps

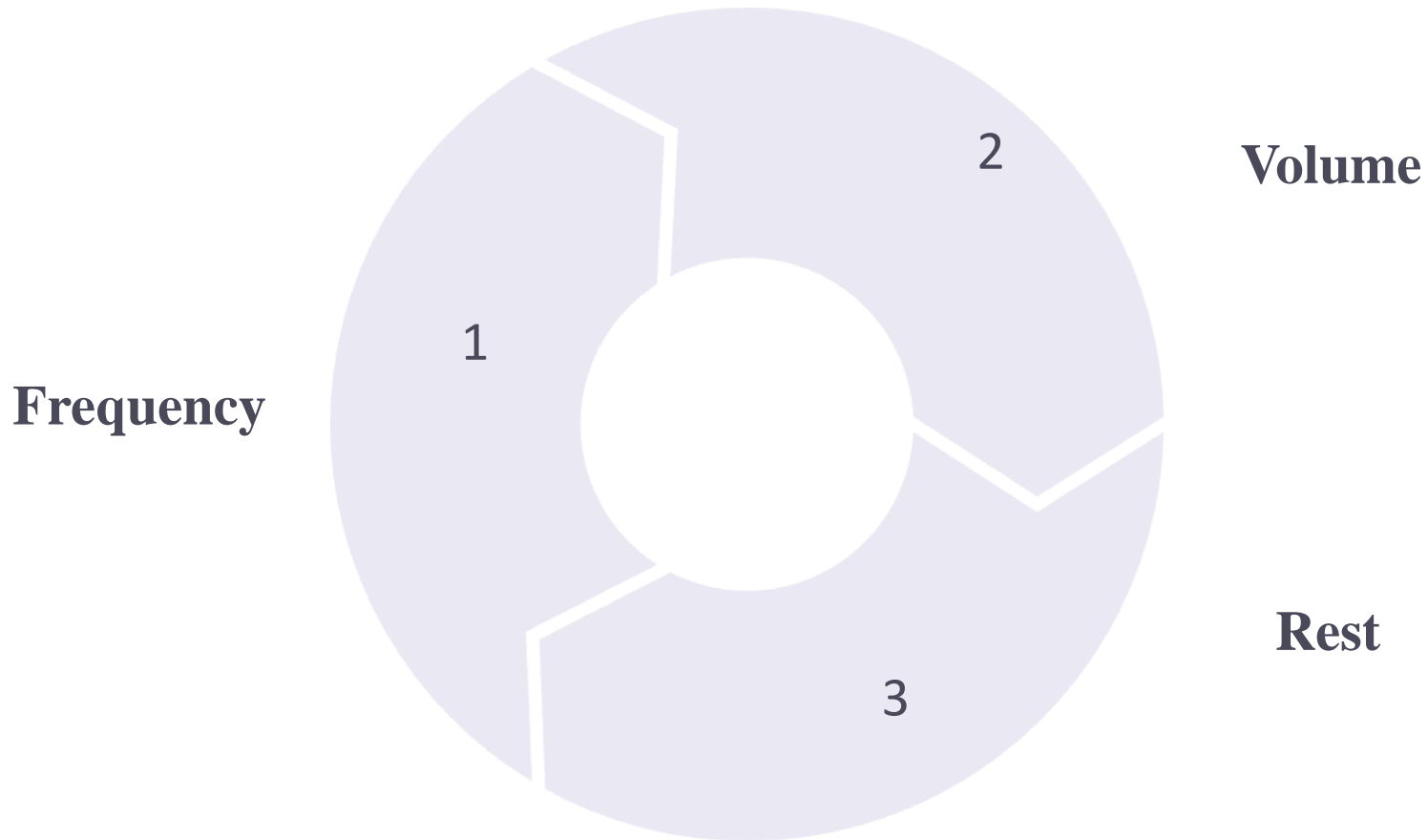
Perform more repetitions with the same weight. Improve muscular endurance.

3

Increase Sets

Add more sets to your workout. Enhance overall training volume.

Training Frequency and Volume: Finding the Sweet Spot



Train legs 1-3 times per week, with 48-72 hours rest between sessions.

Use proper technique to reduce injury.

Nutrition for Leg Muscle Growth: Fueling Your Gains

1

Protein

Essential for muscle repair and growth.

2

Carbohydrates

Provide energy for intense workouts.

3

Healthy Fats

Support hormone production and overall health.

Eat a balanced diet rich in protein, carbs, and healthy fats to support muscle growth and recovery.

Injury Prevention and Recovery: Staying in the Game

Warm-up

Prepare muscles for exercise. Reduce the risk of strains.

Cool-down

Promote blood flow and reduce muscle soreness.

Stretching

Improve flexibility and range of motion.