

# Legs Built For Size

Would you like to know a way to add up to 20 lbs of muscle with just exercise? I have been told that there is no such thing as a stupid question. This may be right, but this one seems like a no brainer! Adding quality muscle can be like mission impossible for a great number of people and if there is a way pack on the pounds quick I had better spill the beans!

Well, as a matter of fact there is a one particular method of training that works miracles in the appearance of the overall body. This method is not all that difficult, but grossly underused. In case you are wondering the key is training legs.

In the twenty seven years that I have been training I have experienced truly incredible gains training my legs the way they should be trained. I used to have the idea that simply whisking through a leg workout was sufficient. After my upper body started to dwarf my legs I began to re-think my leg training philosophy. Maybe the three sets of leg press, leg extensions, and leg curls were just not enough.

After taking a deeper look into how the muscle groups are structured in the legs I had a couple of realizations. First and foremost, legs are a major muscle group composed of quadriceps (thighs), hamstrings (back of leg), adductors (inner thigh which accounts for 30% of upper leg), adductor (outer thigh), glutes (butt), and calves. In order to stimulate muscle growth, all areas of the leg must be completely fatigued each time they are trained. Once I started training my legs the way they needed to be trained to grow I noticed some major results

Using a four day program I was able to put some pretty impressive size on my legs. This is what I did: Day One- Chest and Biceps; Day two- Back and traps; Day three- off; Day four- Legs; Day five- Triceps, Shoulders, and Calves.

For my leg training there are a couple of rules that I will always abide by to maximize my gains, while avoiding injuries. I will always make sure to do at least three different pushing exercises like lunges, dumbbell squats, and leg press. The pushing exercises do a great job of working both the quads and glutes. I will also make sure to do at least a couple of pulling exercises like good mornings or dead lifts to develop the hamstrings. For the inner thigh I will also make sure that I do a round four to five sets of an exercise like pleas to give the upper leg a nice rounded full appearance. Symmetry is an extremely important virtue when you are working with legs. It can be really easy to overdevelop the quads while not paying enough attention to the hamstrings. As long as you are working all of the muscle groups in the legs you have nothing to worry about. Well actually you do have one thing, and that is form.

When training legs it is important to keep strict form to avoid injuries. As a rule of thumb; you never want to cross your knees over your toes while performing any leg exercise. This especially holds true for any sort of pressing exercise. Crossing the knees over the toes puts a lot of unnessisary stress on the joints and ligaments in the knees. By putting the pressure on the joints and ligaments, you are also taking all of the pressure off of the muscle being worked. Pressure should always be applied to the heel when training legs. This ensures more stress being leveraged onto the muscle instead of the joints. Another major mistake to avoid is pushing excessively with the stomach. Always make sure that your stomach is tensed while during your sets, but make sure that you are mostly pushing/pulling with your legs. All of your mental focus should be on the legs. If you feel that you are “balling” up

your stomach you are doing it wrong. As a matter of fact hernias most commonly occur just under the navel, or on either side of the groin. Most of the time a hernia occurs it is a result of unnecessary stress being placed on the body.

Mentality also plays a huge role in leg training. When I first started to train my legs it was really easy to rationalize not going to the gym on a leg day. After all, my legs were really not that big to begin with. Getting a good leg pump seemed to be painful and unflattering. If I were to have kept this attitude I would have always had chicken legs. I know for a fact that I am not the only one who has ever dreaded training legs. A couple of realizations quite effectively changed my attitude about leg training. One; no matter how much you keep your legs covered up, sometime someone is going to see them. If you are one to always keep your legs covered, chances are the only time somebody else is going to see them is, well use your imagination. Two; Being as legs are such a large muscle group your body releases larger amounts of growth hormone (GH) that training the smaller muscle groups do. So basically training legs will help overall muscle development as well as leg development.

The rewards of training legs are simple. You by default get a great set of glutes, more overall muscle, and great legs. Although legs may be a bit slow to respond at first, they are definitely worth training. The alternative is to always cover up, have a flat butt, and slow the overall muscle building process down.

As long as correct form is followed you will reap the rewards of leg great legs along with a set of glutes that demand attention.

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