



**Lose Fat &
Gain Muscle
Without
Supplements**

2 Leg Workouts per week
based on Training Science

| *Build Mass* | *Get Toned* |
| *Improve Definition* |
| *Increase Strength* |

Foreword:

The most common skipped workout of the week is probably the leg day. Remember that if you wish to build an all rounded physique that not only looks good but performs well then you have to pay attention to your lower body!

If you have tried all kinds of leg workouts till now but still fail to see results or you find them too hard or boring then you have hit the right spot!

This all-around muscle-building leg workout is built around the best exercises for quads, hamstrings, glutes, and calves, and requires just 2 days per week!



Get your dream physique naturally without supplements:  www.nosupplements.in

Tag us on social media using **#NoSupplements** or mention **@NoSupplements**, we'd love to check out what progress you've made in the gym building your legs with the help of this workout!



<https://instagram.com/nosupplements>



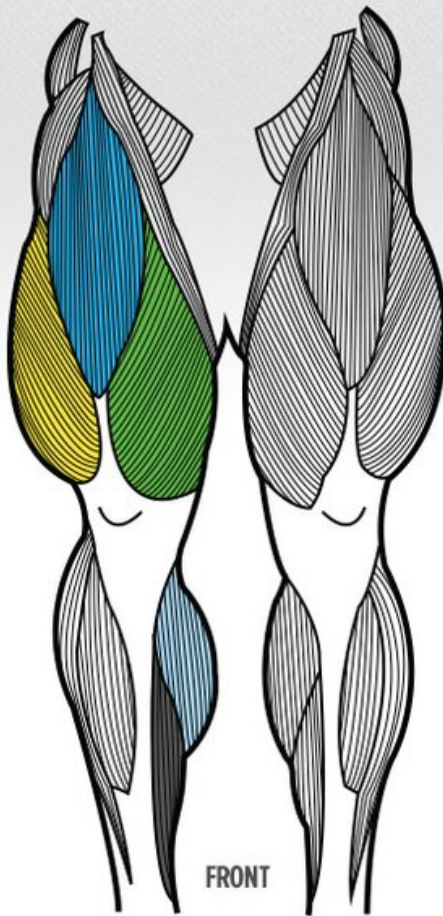
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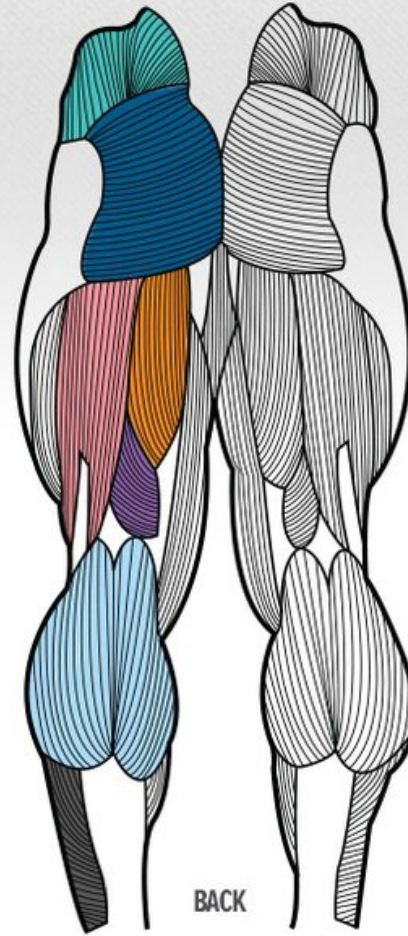
FRONT

QUADRICEPS (FRONT)

- **VASTUS LATERALIS**
Outer quad muscle
- **RECTUS FEMORIS**
Middle quad muscle
- **VASTUS MEDIALIS**
Inner quad muscle
- * **VASTUS INTERMEDIUS**
Sits under the rectus femoris
(not visible in graphic)

CALVES (FRONT)

- **GASTROCNEMIUS**
Upper outer calf muscle
- **SOLEUS**
Inner calf muscle



BACK

GLUTES (BACK)

- **GLUTEUS MAXIMUS**
Main glute muscle
- **GLUTEUS MEDIUS**
Upper inner glute muscle

HAMSTRINGS (BACK)

- **BICEPS FEMORIS**
Main hamstring muscle
- **SEMIMEMBRANOSUS**
Lower inner hamstring muscle
- **SEMITENDINOSUS**
Upper inner hamstring muscle

CALVES (BACK)

- **GASTROCNEMIUS**
Upper outer calf muscle
- **SOLEUS**
Inner calf muscle

Anatomy of Lower Body

Vastus Lateralis:

Bodybuilders and physique athletes covet the outer thigh sweep that comes from developing your vastus lateralis, named for its location on the outside of your thigh. The muscle starts at the top of your femur (thigh bone) and attaches to the patellar tendon in your knee joint.

Vastus Medialis: That teardrop shape on your inner thigh comes from the vastus medialis. This muscle starts at the top of the femur and attaches to the patellar tendon on the inside of your leg.

Vastus

Intermedius:

The vastus intermedius is deep in the middle of your thigh. You can't see it because it's covered by the rectus femoris, but it also originates on the femur and attaches to the patellar tendon.

Rectus Femoris: This muscle is unique because it's the only one of your quadriceps muscles that crosses your hip. It connects at the top of the pelvis and comes down all the way to insert at the patellar tendon in the knee.

If you want strong, defined legs, you need to spend as much time developing the back as you do the front. Healthy hamstrings don't just look great, they contribute to both knee stability and lower back health. They also power two big-time movements: hip extension (think deadlift) and knee flexion (think leg curl).

Biceps Femoris: A two-headed muscle, the long head runs from the ischial tuberosity—or the sitting bones—and attaches to the fibula. The short head originates on the back part of the femur and attaches to the fibula.

Muscular Anatomy Of The Hamstrings

Semimembranosus:

This wide, flat, and deep muscle originates at the ischial tuberosity and attaches at the tibia. It's more medial, or closer to the midline, than the semitendinosus.

Semitendinosus: The semitendinosus runs from the ischial tuberosity and also attaches to the tibia. This muscle is notable for the length of its tendon insertion, which can be partially removed to replace a torn anterior cruciate ligament (ACL)

While a nice set of glutes is a must for any physique athlete, these muscles are also hugely important for keeping your trunk upright and protecting your lower back, in addition to working alongside the hammies to extend your hips.

Gluteus Maximus: The most visible and the largest glute muscle starts on your sacrum (the triangular bone at the base of the spine) and your lumbar fascia (connective tissue in your lower back) and attaches to your iliotibial tract, or your IT band, and your outer thigh.

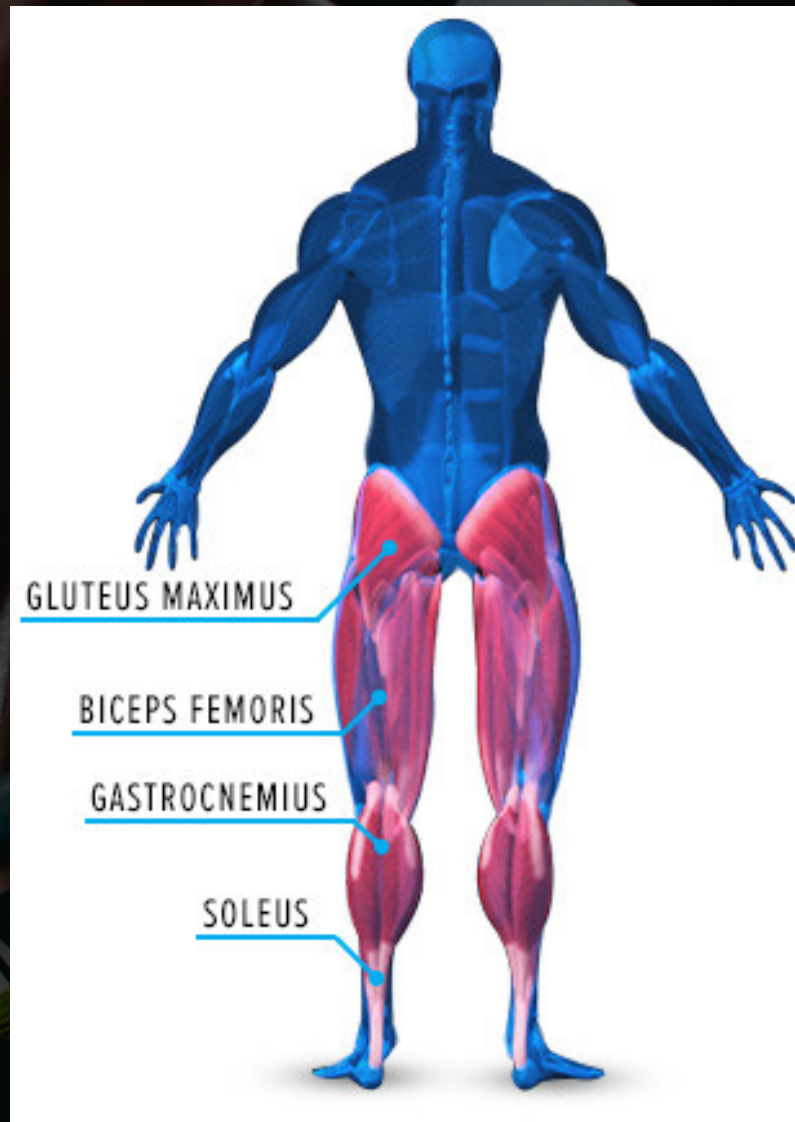


Muscular Anatomy Of The Glutes

Gluteus Medius:

Most people aren't concerned with this muscle because it's deeper and you can't see it, but the glute medius is an important stabilizer of the hip and thigh. It runs from the top of your hip bone (the iliac crest) and attaches to your outer thigh.

Gluteus Minimus: Even deeper than the glute medius is your glute minimus. It's a very small muscle that starts on the outer portion of your hip and attaches to the outer thigh.



You can't have great legs without a good set of calves. The two main muscles in your calves are the gastrocnemius and the soleus, which both work to flex and point your foot.

Gastrocnemius: Unique because it crosses the back of the knee joint, the gastrocnemius has two heads, lateral and medial, which converge and attach to your Achilles tendon in your ankle.

Soleus: Deeper than the gastrocnemius, the soleus originates at the tibia and fibula and attaches to the Achilles tendon.

Muscular Anatomy Of The Calves

EXERCISES FOR DAY 1



Barbell Squat

8 - 12 REPS

4 SETS

(REST > 120 SECONDS)

Barbell Glute Bridge

10 - 15 REPS

3 SETS

(REST = 90 TO 120 SECONDS)



Weighted Walking Lunge

12 - 15 REPS PER SIDE

2 SETS

(REST = 90 TO 120 SECONDS)

Lying Leg Curl

10 - 15 REPS

3 SETS

(REST < 90 SECONDS)



Calf Raise

12 - 15 REPS

3 SETS

(REST < 90 SECONDS)

Barbell Squat

Make a hip-width stance with your toes facing slightly outward. Support the barbell on the top of your trap muscles, chest up, and head facing forward.

Bend your knees slowly, while driving them outward and keeping your back straightened. Hinge your hips and your knees will move forward. Make sure the bar moves in a straight line up and down.

Correct form requires you to push your hips back and lower your body until your upper thighs are at least parallel to the floor, and then pressing back up to the starting position.



Barbell Glute Bridge

Lie with your upper back supported on a bench, and your feet planted firmly on the floor. Hold a barbell across your hips. Slowly lower your hips down to the floor. Only low enough that your glutes and hamstrings remain in constant tension. Power back up while pressing through your heels and squeezing your glutes at the top.



Weighted Walking Lunge

Begin with a hip-width stance holding a dumbbell in each hand.

Put one leg forward, bending your knees to lower your hips. Dip until your back knee nearly meets the floor. Keep an upright posture, and avoid moving your front knee past your toes to avoid injury.

Put your weight on your front foot's heel and ascend from the lunge. Switch sides and repeat.



Lying Leg Curl

Lie face down on the machine and place your feet under the foot pad - a few inches below the calves. Grab the machine's handle, keep your torso flat, and stretch your legs fully.

Keeping your upper legs on the pad, curl your legs as far as you can while you exhale. Pause for a second after fully curling your legs. Go back to the original position as you inhale.



Calf Raise

Plant the balls of your feet firmly on the step with your heels extending over the edge. As you exhale, raise your heels as high as you can, feeling your calves flex. Pause for a second and lower your heels to return to your initial position.



EXERCISES FOR DAY 2



Leg Press

8 - 12 REPS

4 SETS

(REST > 120 SECONDS)

Barbell Lunge

10 - 15 REPS

3 SETS

(REST = 90 TO 120 SECONDS)



Romanian Deadlift

12 - 15 REPS PER SIDE

2 SETS

(REST = 90 TO 120 SECONDS)

Leg Extension

10 - 15 REPS

3 SETS

(REST < 90 SECONDS)



Sumo Squat

12 - 15 REPS

3 SETS

(REST < 90 SECONDS)

Leg Press

Sit on the machine with your back and head resting comfortably against the padded support. Place your feet on the footplate about hip-width apart while ensuring that your heels are flat. Your bottom should be flat against the seat rather than raised. Your legs should form an angle of about 90 degrees at the knees. If your feet are too high on the plate, it will stress your glutes, too low and it puts unnecessary pressure on your knees. Your knees should be in line with your feet and neither be bowed inward nor outward. As you press, make sure to keep this alignment. Grasp the assist handles to provide support and keep your spine and head in position.



Barbell Lunge

Choose an appropriate weight and place the barbell across your back. Step forward with your right foot and sink into a lunge, so both legs are bent with your back knee as close to the floor as possible. Drive yourself backup and repeat on the other side.



Romanian Deadlift

Stand with the bar or weight in your hands as opposed to the floor. Slowly lower the weight with a slight bend in your knees, bending at the hips and keeping your back straight.

Lower until you feel a slight stretch in your hamstrings – usually when the weight has just passed your knees – then drive your hips forwards and use your hamstrings to power backup to standing.



Leg Extension

Sit on a leg extension machine. Position your legs under the pad and grasp the side bars with your hands. This is the starting position.

Extend your legs to the maximum, exhaling as you do so. Pause a second in this contracted position.



Sumo Squat

Start by standing with your feet out wide and your toes pointing out.

Keeping weight in your back heels, start to lower your hips and bend your knees into a wide squat. Go down until your thighs are parallel to the floor.

Stand back again, squeezing your glutes at the top of the movement.



Pratyaksh Seth is a computer science engineering graduate who was able to transform himself from an obese to a lean individual solely based on correct knowledge about nutrition, training and recovery without the use of any supplements.

Despite people and trainers telling him to use supplements and even steroids at the beginning of his journey, he kept faith in the process and invested months to find out exactly how our bodies work and what ingredients are exactly required to transform naturally. He was also able to recover fully from a third grade ligament tear on his right knee for which he underwent surgery.

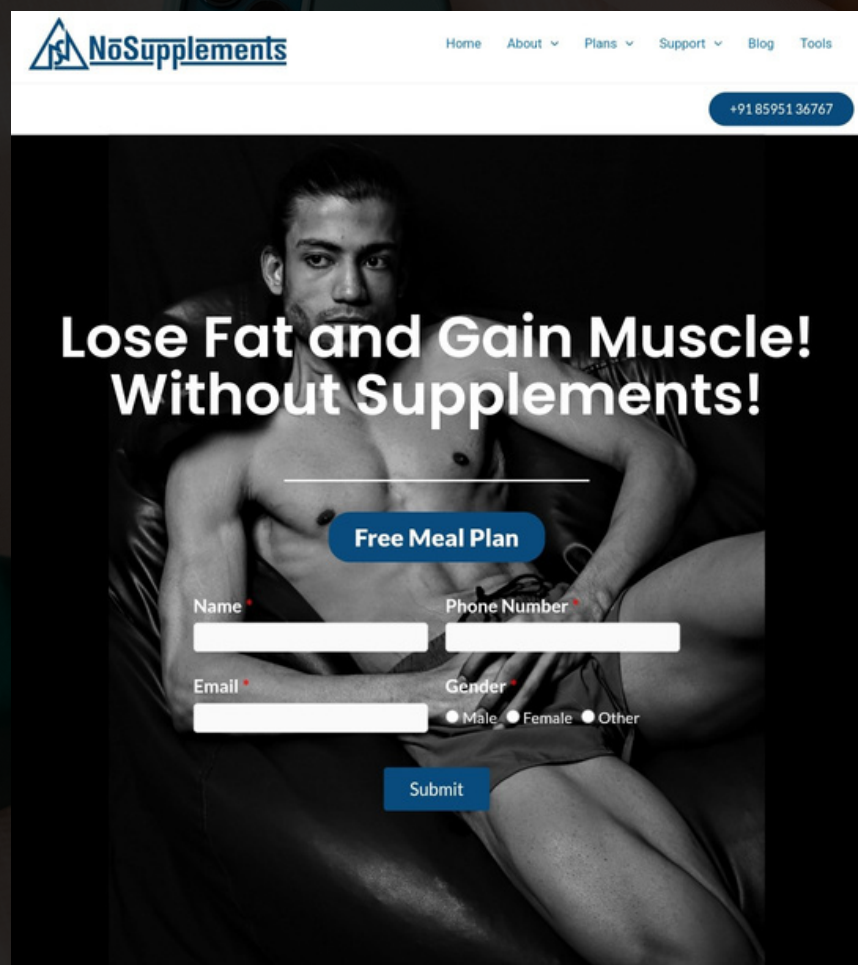
Pratyaksh then worked in the corporate world where he took his physique to the next level while still managing his hectic schedule. Similar to his college days where he helped his friends, this time it was the corporate professionals who got enlightened about the knowledge that he possessed and were able to successfully transform themselves while engaging in a desk job.

About The Founder:

Mission:

Our mission is not to thrash the use of supplements, or stop anyone from using them! The word 'supplement' by itself means an addition to a process in order to enhance or complete it! Supplements might add some value to your fitness goals, however the value added is nowhere close to the value added by the core principles of a fitness lifestyle:

- Nutrition
- Training
- Recovery



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Transform Naturally

Without Supplements

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