

A BETTER LEG WORKOUT

Cayle W. from Austin, TX, sent us his leg workout and told us he suffers from knee and hip pain. Here's how we helped him work around it.



OUR ADVICE

If full range of motion (ROM) squats aggravate your hip, don't go as deep. [Squat to a box](#) that cuts you off an inch or two above parallel.

Box squats also help with knee pain, forcing you to sit back, keeping tension on your glutes and hamstrings, not your knees. You can use full ROM on other exercises to make up the difference for complete development.

QUICK TIP: If you suffer from knee or hip pain, use full ROM on completely stable moves, like the single-leg, leg press.

EXERCISE 1

BARBELL SQUAT



3sets

5reps

30-60 sec rest

EXERCISE 2

DUMBBELL LUNGE



4sets

10reps

30-60 sec rest

EXERCISE 3

ROMANIAN DEADLIFT



3sets

8reps

30-60 sec rest

EXERCISE 4

LEG CURL



4sets

10reps

30-60 sec rest

EXERCISE 5

LEG EXTENTIONS



4sets

10reps

30-60 sec rest

EXERCISE 6

LEG EXTENTIONS



4sets

10 reps

30-60 sec rest

EXERCISE 1

BOX SQUAT



3sets

5reps

30-60 sec rest

EXERCISE 2

UNILATERAL LEG PRESS



4sets

10reps

30-60 sec rest

*Press with one leg for all your reps, then the other. Rest the nonworking foot on the floor.

EXERCISE 3

ROMANIAN DEADLIFT



3sets

8reps

30-60 sec rest

EXERCISE 4

LEG CURL



4sets

10reps

30-60 sec rest

EXERCISE 5

LEG EXTENTIONS



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10reps

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EXERCISE 6

LEG EXTENTIONS



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