

The Tom Platz Leg Workout

Exercise	Sets	Reps
Back Squats	8-12	5-20
Hack Squats	5	10-15
Leg Extension	5-8	10-15
Leg Curls	6-10	10-15
Standing Calf Raises	3-4	10-15
Seated Calf Raises	3-4	10-15
Hack Machine Calf Raises	3-4	10-15