SplitLean Leg Day

A practical lower body strength session with sets, reps, rest periods, and beginner options. Equipment: dumbbells, a mat, and a stable hand support.

01 / Warm up for 6-8 minutes

Walk or march for 2-3 minutes. Perform 6-8 bodyweight squats, 8 unloaded hip hinges, 8 easy glute bridges, and a few supported backward steps per side. Finish with a light squat practice set.

02 / Complete the workout in this order

Exercise	Standard sets	Beginner sets	Reps / set	Rest
Goblet squat	3	2	8-12	90-120 sec
Dumbbell Romanian deadlift	3	2	8-12	90-120 sec
Supported reverse lunge	2	1	6-10 / leg	90-120 sec*
Glute bridge	2	1	10-15	60-90 sec
Standing calf raise	2	1	12-20	60-90 sec

*For lunges, complete both legs to finish one set; pause between sides as needed, then take the listed rest. Finish all sets of an exercise before moving on.

03 / Choose effort you can repeat

Use a weight that leaves about 2-3 clean repetitions in reserve. Take longer rests when needed for steady breathing and technique. Beginners can use a chair target for squats, supported static split squats instead of lunges, and bodyweight bridges.

04 / Progress gradually

Add repetitions within the listed range first. When all sets reach the top of the range with consistent form and effort left over, increase resistance by the smallest practical amount. Return toward the lower end of the rep range. Change one variable at a time.

Train. Recover. Repeat.

Example three-day training week. The leg-day prescription is on page 1; upper body and full body sessions are scheduled here but are not separate exercise plans in this guide.

Day	Plan	Recovery guidance
Monday	SplitLean leg day	Use page 1. Start with beginner sets if new to lifting.
Tuesday	Rest day	Optional comfortable walking or gentle mobility.
Wednesday	Upper body training	Keep lower body work easy.
Thursday	Rest day	Rest fully or choose easy movement.
Friday	Moderate full body training	If recovered, use fewer lower body sets than Monday.
Saturday	Rest / easy activity	Comfortable walking or mobility is optional.
Sunday	Rest day	Recover and prepare for the next week.

Recovery before the next leg session

Leave at least one day between demanding lower body sessions, and take more time if soreness affects your movement or performance. If not recovered on Friday, omit lower body work or rest. Do not double up to make up a missed workout.

Workout log

Date: _____ Version: Standard / Beginner
Record load and completed reps for each set; note both sides for lunges.

Exercise	Load	Set 1 reps	Set 2 reps	Set 3 reps
Goblet squat				
Romanian deadlift				
Reverse lunge (L / R)				-
Glute bridge				-
Calf raise				-

Keep repetitions controlled and use a comfortable range. Stop any exercise that causes pain. Good movement and repeatable progress matter more than soreness.