

# **THE PHYSIQUE ARTIST'S**

## **8 - WEEK**

### **LEG SPECIALIZATION TRAINING**

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# DISCLAIMER

You should recognize that any exercise program involve some element of risk. You should consult with your physician or health care professional to see if this program is something you can do without endangering your health and for diagnosis and treatment of illness and injuries, and for advice regarding medications.

While exercise is normally very beneficial, it is important that you undertake this program knowing that you do not have any health conditions that may be aggravated or damaged by activities in this program. The authors shall have neither liability nor responsibility to any person or entity with respect to any damage or injury alleged to be caused directly or indirectly by the information contained in this book.

You should never discontinue taking medications prescribed by your doctor without specific consultation with your doctor. You should obtain clearance from your doctor before you undertake any program of exercise as the activities may be too strenuous or dangerous for some people.

Before making any changes to your personal diet and nutrition habits it is recommended that you consult with your physician or health care professional. The recipes and nutrition guidelines within this program are for informational purposes only. While every attempt has been made to verify the information provided in this plan, neither the authors nor their affiliates/partners assume any responsibility for errors, inaccuracies, or omissions. The nutrition guidelines are not intended for the treatment or prevention of disease, nor as a substitute for medical treatment. The nutrition guidelines outlined herein should not be adopted without consultation with a physician or your health professional. Use of the plan herein is at the sole choice and risk of the reader. The authors are neither responsible, nor liable, for any harm or injury resulting from the plan suggested.

# SHOULDER MOBILITY DRILLS

I performed these mobility drills every workout...

WARM-UP SETS	WEIGHT	SETS	REPS	REST
A1 <a href="#">BAND OVER AND BACK</a>		2	12-15	0
A2 <a href="#">SCAPULAR WALL SLIDE</a>		2	12-15	0
A3 <a href="#">BAND PULL-APARTS</a>		2	12-15	30

# PHASE 1

**WEEKS 1 - 4**

## WORKOUT 1: CALVES & ABS

SUPERSET	WEIGHT	SETS	REPS	REST
A1 <a href="#">STANDING CALVE RAISES</a>		4	15-20	0
A2 <a href="#">SEATED CALVE RAISES</a>		4	8-10	90

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
B1 <a href="#">CALVE PRESS</a>		3	15-20	90

\* Super slow negative with intermittent pauses on last rep.

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
C1 <a href="#">HANGING KNEE RAISES</a>		3	FAILURE	60

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
D1 <a href="#">CABLE CRUNCH</a>		3	8-10	60

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
E1 <a href="#">RUSSIAN TWIST</a>		3	15-20	60

\* 20 min Stairclimber (works them calves and glutes!)

## WORKOUT 2: LEGS

SUPERSET	WEIGHT	SETS	REPS	REST
A1 <a href="#">LEG PRESS</a>		3	15-20	0
A2 <a href="#">LEG CURL</a>		3	10-12	2 MIN

SUPERSET	WEIGHT	SETS	REPS	REST
B1 <a href="#">SQUAT</a>		3	12-15	0
B2 <a href="#">LEG EXTENSION</a>		3	10-12	2 MIN

**\* 10 min Bike Intervals**

**30 second sprint at a high resistance**

**30 second active recovery by peddling slow at a low resistance**

**Repeat 10 times**

## WORKOUT 3: CALVES & ABS

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
A1 <a href="#">CALVE PRESS</a>		3	6-8	90

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
B1 <a href="#">STANDING CALVE RAISES</a>		3	10-12	60

\* After 3rd set perform a triple dropset

10 MINUTE TIMED SET	WEIGHT	SETS	REPS	REST
C1 <a href="#">SINGLE LEG SEATED CALVE RAISES</a>		-	-	0

\* Select a weight that will allow you to hit 12 reps on the first set. Continue going back and forth between each leg, **non-stop for 10 minutes**. Your reps will get shorter and shorter each set.

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
D1 <a href="#">REVERSE CRUNCH</a>		3	FAILURE	60

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
E1 <a href="#">MACHINE CRUNCH</a>		3	10-12	60

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
F1 <a href="#">45 DEGREE SIDE BENDS</a>		3	12-15	60

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
G1 <a href="#">AB WHEEL ROLLOUT</a>		3	FAILURE	90

\* 20 min Stairclimber (set them calves and glutes on fire!)

## WORKOUT 4: LEGS

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
A1 <a href="#">DUMBBELL REVERSE LUNGES</a>		3	6-8	90

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
B1 <a href="#">T-BAR ROMANIAN DEADLIFT</a>		3	10-12	90

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
C1 <a href="#">INNER THIGH</a>		3	15-20	90

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
D1 <a href="#">OUTER THIGH</a>		3	12-15	90

### Finisher - 10 min Bike Intervals

30 second sprint at a high resistance

30 second active recovery by peddling slow at a low resistance

Repeat 10 times



## WORKOUT 5: CALVES & ABS

REP & REST PROGRESSION	WEIGHT	SETS	REPS	REST
A1 <a href="#">CALVE PRESS</a>		1	10, 20, 30, 40	-

\* Begin by performing 10 reps... rest for 10 seconds... Do 20 reps... rest for 20 seconds... Do 30 reps... rest for 30 seconds... Finish off with 40 reps. Note: You'll be keeping the weight the same. The first 10 reps will be pretty easy... but the 20 reps and beyond should be challenging.

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
B1 <a href="#">STANDING CALVE RAISES</a>		3	15-20	60

\* After completing each set extend it by performing as many reps as possible using just your body weight.

SQUEEZE SET	WEIGHT	SETS	REPS	REST
C1 <a href="#">SEATED CALVE RAISES</a>		3	8-10	90

\* hold both the contraction and the stretch for 5 seconds.

SUPERETS	WEIGHT	SETS	REPS	REST
D1 <a href="#">TRX PIKE</a>		3	FAILURE	0
D2 <a href="#">TRX JACKKNIFE</a>		3	FAILURE	90

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
E1 <a href="#">SPIDERMAN</a>		3	FAILURE	90

\* 20 min Stairclimber (set them calves and glutes on fire!)

## WORKOUT 6: LEGS & GLUTES

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
A1 <a href="#">TRAP BAR DEADLIFT</a>		3	12-15	2 MIN

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
B1 <a href="#">FRONT SQUAT</a>		3	15-20	2 MIN

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
C1 <a href="#">GLUTE-HAM RAISE</a>		3	FAILURE	60

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
D1 <a href="#">SINGLE LEG HIP THRUST</a> (2 SECOND SQUEEZE AT TOP)		3	10-12	30

# PHASE 2

**WEEKS 5 - 8**

## WORKOUT 1: CALVES, ABS, CHEST & BACK

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
A1 <a href="#">MACHINE FLY</a>		3	12-15	90

\* Week 2, 3, and 4 perform 4 sets.

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
B1 <a href="#">CHEST SUPPORTED T-BAR ROW</a>		3	10-12	90

\* Week 2, 3, and 4 perform 4 sets.

SUPERSET	WEIGHT	SETS	REPS	REST
A1 <a href="#">STANDING CALVE RAISES</a>		4	15-20	0
A2 <a href="#">SEATED CALVE RAISES</a>		4	8-10	90

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
B1 <a href="#">CALVE PRESS</a>		3	15-20	0

\* Super slow negative with intermittent pauses on last rep.

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
C1 <a href="#">HANGING KNEE RAISES</a>		3	FAILURE	60

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
D1 <a href="#">CABLE CRUNCH</a>		3	8-10	90

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
E1 <a href="#">RUSSIAN TWIST</a>		3	15-20	60

\* 20 min Stairclimber (works them calves and glutes!)

## WORKOUT 2: LEGS

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
A1 <a href="#">LEG PRESS</a>		3	15-20	90

\* After 3rd set perform a quadruple dropset

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
B1 <a href="#">LEG CURL</a>		3	10-12	60

\* After 3rd set perform a [quadruple dropset](#)

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
C1 <a href="#">SQUAT</a>		3	12-15	2 MIN

\* After 3rd set perform a quadruple dropset

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
D1 <a href="#">LEG EXTENSION</a>		3	12-15	60

\* After 3rd set perform a [quadruple dropset](#)

### Finisher - 10 min Bike Intervals

30 second sprint at a high resistance

30 second active recovery by peddling slow at a low resistance

Repeat 10 times

## WORKOUT 3: CALVES, ABS, CHEST & BACK

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
A1 <a href="#">MACHINE FLY</a>		3	12-15	90

\* Week 2, 3, and 4 perform 4 sets.

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
B1 <a href="#">CHEST SUPPORTED T-BAR ROW</a>		3	10-12	90

\* Week 2, 3, and 4 perform 4 sets.

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
A1 <a href="#">CALVE PRESS</a>		3	6-8	0

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
B1 <a href="#">STANDING CALVE RAISES</a>		3	10-12	0

\* After 3rd set perform a triple dropset

10 MINUTE TIMED SET	WEIGHT	SETS	REPS	REST
C1 <a href="#">SINGLE LEG SEATED CALVE RAISES</a>		-	-	0

\* Select a weight that will allow you to hit 12 reps on the first set. Continue going back and forth between each leg, **non-stop for 10 minutes**. Your reps will get shorter and shorter each set.

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
D1 <a href="#">REVERSE CRUNCH</a>		3	FAILURE	60

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
E1 <a href="#">MACHINE CRUNCH</a>		3	10-12	60

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
F1 <a href="#">45 DEGREE SIDE BENDS</a>		3	12-15	60

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
G1 <a href="#">AB WHEEL ROLLOUT</a>		3	FAILURE	90

\* 20 min Stairclimber (set them calves and glutes on fire!)

## WORKOUT 4: LEGS

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
A1 <a href="#">BULGARIAN SPLIT SQUAT</a> (1 & 1/4 REPS)		3	12 EACH LEG	90

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
B1 <a href="#">45 DEGREE HYPER-EXTENSION</a> (HAMSTRING & GLUTE FOCUS)		3	10-12	60

SUPERSET	WEIGHT	SETS	REPS	REST
C1 <a href="#">INNER THIGH</a>		3	15-20	0
C2 <a href="#">OUTER THIGH</a>		3	12-15	60

### Finisher - 10 min Bike Intervals

30 second sprint at a high resistance

30 second active recovery by peddling slow at a low resistance

Repeat 10 times

## WORKOUT 5: CALVES, ABS, CHEST & BACK

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
A1 <a href="#">MACHINE FLY</a>		3	12-15	90

\* Week 2, 3, and 4 perform 4 sets.

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
B1 <a href="#">CHEST SUPPORTED T-BAR ROW</a>		3	10-12	90

\* Week 2, 3, and 4 perform 4 sets.

REP & REST PROGRESSION	WEIGHT	SETS	REPS	REST
A1 <a href="#">CALVE PRESS</a>		1	10, 20, 30, 40	-

\* Begin by performing 10 reps... rest for 10 seconds... Do 20 reps... rest for 20 seconds... Do 30 reps... rest for 30 seconds... Finish off with 40 reps. Note: You'll be keeping the weight the same. The first 10 reps will be pretty easy... but the 20 reps and beyond should be challenging.

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
B1 <a href="#">STANDING CALVE RAISES</a>		3	15-20	60

\* After completing each set extend it by performing as many reps as possible using just your body weight.

SQUEEZE SET	WEIGHT	SETS	REPS	REST
C1 <a href="#">SEATED CALVE RAISES</a>		3	8-10	90

\* hold both the contraction and the stretch for 5 seconds.

SUPERETS	WEIGHT	SETS	REPS	REST
D1 <a href="#">TRX PIKE</a>		3	FAILURE	0
D2 <a href="#">TRX JACKKNIFE</a>		3	FAILURE	90

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
E1 <a href="#">SPIDERMAN</a>		3	FAILURE	90

\* 20 min Stairclimber (set them calves and glutes on fire!)



## WORKOUT 6: LEGS

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
A1 <a href="#">TRAP BAR DEADLIFT</a>		4	12-15	2 MIN

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
B1 <a href="#">FRONT SQUAT</a>		4	15-20	2 MIN

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
C1 <a href="#">GLUTE-HAM RAISE</a>		4	FAILURE	60

STRAIGHT SETS	WEIGHT	SETS	REPS	REST
D1 <a href="#">SINGLE LEG HIP THRUST</a> (2 SECOND SQUEEZE AT TOP)		4	10-12	30

## CONCLUSION

So there you have it. The Physique Artist's 8-week Leg Specialization Workout Plan.

I hope that you found some value in seeing how I structured this training phase.

And if you have, I'd love to hear from you. Either hit me up through email [scott@metabolicmasterpiece.com](mailto:scott@metabolicmasterpiece.com) or by dropping a comment in the [Physique Mastery Mecca](#) private face book group.

You can also connect with me on [Instagram](#) and [YouTube](#).

Sculpt a Masterpiece,

Scott Tousignant

**PS** Please feel free to share this workout plan with anyone who you know may benefit from it. I'd recommend sending them to the article page to get a little more back story behind why and how this plan was developed...

**[Working Around Injuries - Turning a Negative Into a Positive](#)**