

6-Week Dumbbell Leg Workout For Muscle Mass

Weeks 1 & 2: Laying the Groundwork

Day 1: Quad and Glute Focus

- **Dumbbell Squats: 3 sets x 12 reps**
- **Dumbbell Lunges: 3 sets x 12 reps per leg**
- **Goblet Squats: 3 sets x 12 reps**
- **Bulgarian Split Squats: 3 sets x 12 reps**

Day 3: Hamstring and Calf Focus

- **Dumbbell Romanian Deadlifts: 3 sets x 12 reps**
- **Dumbbell Step-Ups: 3 sets x 10 reps per leg**
- **Dumbbell Calf Raises: 3 sets x 15 reps**

Day 5: Full Leg Blast

- **Dumbbell Squat to Press: 3 sets x 10 reps**
- **Dumbbell Lateral Lunges: 3 sets x 10 reps per side**
- **Dumbbell Sumo Squats: 3 sets x 12 reps**

Weeks 3 & 4: Building Strength

Day 1: Quad and Glute Focus

- **Increase weight/reps from Weeks 1 & 2**

Day 3: Hamstring and Calf Focus

- **Increase weight/reps from Weeks 1 & 2**

Day 5: Full Leg Blast

- **Increase weight/reps from Weeks 1 & 2**

Weeks 5 & 6: Maximizing Mass

Day 1: Quad and Glute Focus

- **Further increase weight/reps. Try to take it a step further and really push yourself! If you've made it this far, this is the biggest week, meaning this is where you'll notice the #gains!**

Day 3: Hamstring and Calf Focus

- **Further increase weight/reps**

Day 5: Full Leg Blast

- **Further increase weight/reps**

Watch the videos:

