Canelith

TRAINING COLLECTION

FREE SAMPLE · TRAINING GUIDE · HOME AND GYM

STRONG LEGS

Your leg guide, from beginner to advanced: quads, hamstrings, adductors, abductors and calves, with routines by level.

Free sample | Full Day 1 | 3 levels

INSIDE

1 The test to find your level

2 The warm-up and the final stretch

3 Day 1 at home for all 3 levels

4 The technique for every exercise of the day

5 The words in the guide, explained

6 How to get the full guide



With Wilson and the team

CANELITH.COM/EN

Your team in this guide

You don't train alone. Each character joins you in one part of the guide and leaves you a tip.



Canela

The golden pup in the pink dress. She leads the team.

WELCOME, FREQUENTLY ASKED QUESTIONS, BEFORE YOU START: YOUR HEALTH FIRST



Minchu

The tabby cat. Curious, always asking why.

UNDERSTANDING YOUR MUSCLES, MYTHS THAT HOLD YOU BACK, WORDS YOU'LL SEE



Wilson

The white and orange cat, always up and on the move.

WHAT ABOUT YOUR KNEES?, WARM-UP, CARDIO AND STRETCHING, HOME PLAN



Oliver

The gray cat who likes to lie down. Pure calm.

TECHNIQUE THAT CHANGES EVERYTHING, HABITS THAT SUPPORT YOUR LEGS



Thunderbolt

The turtle. Slow, but never stops.

CHOOSE YOUR LEVEL AND PROGRESS



Bella

The black dog with curly fur. The strong one of the group.

WHAT YOU NEED



Technique
before weight

Consistency
before intensity

Rest
as part of the plan

WELCOME



Canela says start here: how the guide works and how to get the most out of it.

Welcome

This guide takes you from beginner to advanced in leg training, with one plan for home and another for the gym. You train 3 days a week, on the days you choose, always with a rest day in between: for example Monday, Wednesday and Friday.

Strong legs hold you up all day. They help you climb stairs, get up off the floor, run, jump and carry weight, and they look after your knees, hips and lower back.

HOW TO USE THIS GUIDE

1. Read the chapters on muscles, technique and knees first. They're short and help you avoid mistakes.
2. Take the level test and start at the level you get.
3. Choose your plan: home or gym.
4. Warm up before every workout; stretch when you finish.
5. Level up when the guide tells you to, not before.

Three rules: technique before weight, consistency before intensity and rest as part of the plan.

> **A word you don't understand?** At the end you'll find “Words you'll see”, with every word in the guide explained simply: p. 12. And each day of the plan comes with its own “How to read this day”.

1 · Test
take the level test

2 · Choose
home or gym

3 · Progress
level up when it's time



Thunderbolt moves slowly but never stops. Start where you are, not where you'd like to be.

Choose your level and progress

Take this test before you start, resting 2 minutes between each part. Your level is the highest row you fully meet. If you're torn between two, start with the easier one.

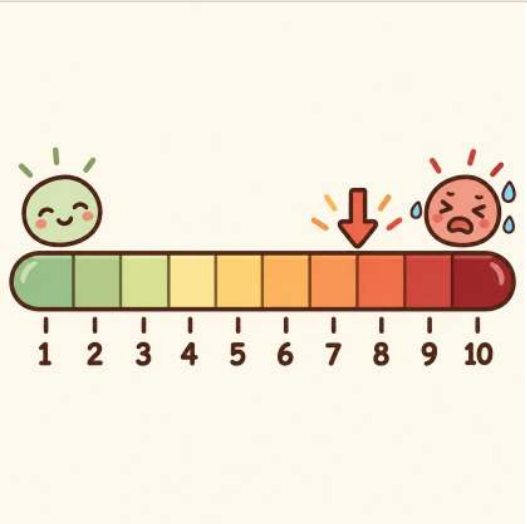
TEST	BEGINNER	INTERMEDIATE	ADVANCED
Air squat, with good technique	Fewer than 15	15 to 30	More than 30
Reverse lunge (per side), without losing your balance	Fewer than 8	8 to 12	More than 12
Single-leg calf raise (per side)	Fewer than 10	10 to 20	More than 20
Balance on one leg, without holding on	Less than 20 s	20 to 40 s	More than 40 s

WHAT CHANGES BETWEEN LEVELS

	BEGINNER	INTERMEDIATE	ADVANCED
Sets per exercise	2	3	4
Reps	12 to 15	12 to 15	8 to 12
Rest between sets	60 s	60 to 75 s	90 s
Weight	Your body weight	Band or light dumbbells	Dumbbells, heavy band or barbell
Exercises	On two legs and with support	Single-leg exercises are added	More single-leg exercises, pauses and jumps

How much weight should I use? The effort scale: after each set, ask yourself how many more reps you could do with good technique. That answer tells you whether the weight is right.

EFFORT	HOW IT FEELS	WHEN TO USE IT
5 to 6 out of 10	You have 4 or more reps left.	Warm-up, first week and deload week.
7 to 8 out of 10	You have 2 or 3 reps left.	Most of your sets.
9 out of 10	You have 1 rep left.	Only the last set of an exercise, now and then, at intermediate and advanced.
10 out of 10	You can't do a single one more.	Optional, intermediate and advanced only: the last set of a machine or single-muscle exercise.



If you have more than 4 reps left, go up in weight. If you can't reach the bottom of the range, go down.

What about going to failure? What helps muscle grow most is ending your sets **close** to failure, with 1 to 3 reps in reserve. Going to failure (when you can't do a single one more) doesn't build more muscle than stopping 1 or 2 reps short, but it's much more tiring and makes it harder to recover for your next session. You don't need it to get stronger either: stopping 2 or 3 reps short with a challenging weight is enough. That's why in this guide:

- **Most of your sets:** 7 to 8 out of 10 (2 or 3 reps left).
- **The last set of an exercise:** you can go up to 9 out of 10 (1 rep left).
- **Failure (10 out of 10), only if you want and only at intermediate and advanced:** on the last set of machine or single-muscle exercises, like leg extensions, hamstring curls, machine abduction or adduction and calves. With perfect technique to the very last rep.
- **Never to failure:** on barbell squats, heavy leg press or deadlifts, if you're a beginner, or if you train without anyone to help you with a barbell over you.

When to level up: when you complete all the sets and reps for your level with good technique for 2 weeks in a row.

When to step down: if you feel pain in your knees, hips or lower back, or if you can't keep your technique on the last reps.

Your block plan (12 weeks): the plan moves forward in 3 blocks of 4 weeks. In each block you push a little more and finish with an easy week so your body recovers and you come back stronger.

WEEK	WHAT YOU DO	EFFORT
1	Learn or review the technique and find your weight. Write it down.	6 to 7 out of 10
2	Add reps within the range.	7 to 8 out of 10
3	Add a set or a little weight.	7 to 8 out of 10
4 · Deload	Half the sets, with your week 1 weight.	5 to 6 out of 10
5 to 8	Repeat the block, starting from what you reached in week 3.	Same as above
9 to 12	Repeat once more. In week 12, retake the level test.	Same as above

IF YOU MISS SESSIONS OR TAKE A BREAK

- **You missed a day:** carry on with the day that was next. Don't do two sessions on the same day to catch up.
- **You stopped for 1 or 2 weeks:** come back with one fewer set per exercise and a bit less weight. In a week or two you'll be back where you were.
- **You stopped for a month or more:** retake the level test and start at the level you get.
- **You got sick:** with a fever, aches all over or a chesty cough, don't train. With a mild cold and no fever, you can walk or do an easy session.

OTHER WAYS TO MAKE IT HARDER WITHOUT CHANGING LEVEL

- Add weight (band, dumbbell, a full bottle or a backpack with books).
- Do more reps within the range.

- Lower more slowly (3 to 4 seconds).
- Pause for 2 seconds at the bottom.
- Switch to the single-leg version.
- Do two exercises back to back without rest (superset) and rest after finishing both.

Your log: write down each exercise with the weight and reps of every set. If you go up a little each week, you're on the right track.

EXERCISE	WEEK 1	WEEK 2	WEEK 3
Example: goblet squat	8 kg (18 lb) · 12, 12, 11	8 kg (18 lb) · 13, 12, 12	10 kg (22 lb) · 12, 11, 11

Read it like this: "8 kg (18 lb) · 12, 12, 11" is the weight you used and the reps you did in each set.

Wilson never starts cold and never leaves without stretching.

Warm-up, cardio and stretching

Warm-up (8 to 10 min, all levels)



1 MOBILITY — 3 min



Hip circles 1 min
Hands on your waist, big circles, 30 s in each direction.



Ankle circles 1 min
Holding on to a wall, toes on the floor, 30 s per foot.



Leg swing forward and back 1 min
Holding on to a wall, 30 s per leg, without forcing it.

2 LEG ACTIVATION — 4 min



Glute bridge 1 min
Slow, squeezing for 1 second at the top.



Lateral walk 1 min
In a half squat, short steps to the side. With a mini band if you have one.



Calf raise 1 min
Raise and lower your heels slowly, with your hands on a wall.



Good morning 1 min
Hands behind your head, hip hinge with a straight back.

3 GET YOUR LEGS READY — 2 to 3 min



Air squat 1 min
Slow, going as low as you can with good technique.



Reverse lunge 1 min
Alternating legs, no weight.



High knee march 1 min
On the spot, knees up to hip height and arms moving.

Your warm-up is done when your hips and ankles feel loose, your legs feel warm and you're breathing a little faster.

• Final stretch (5 min)



1 **Standing quad**
holding on to a wall, bring one heel toward your butt and hold your ankle, knees together. 30 s per side.



2 **Hamstring stretch**
on your back, raise one straight leg and hold it with your hands or a towel. 30 s per side.



3 **Hip flexor**
in a lunge position with your back knee on the floor, push your hips forward. 30 s per side.



4 **Butterfly**
sitting, put the soles of your feet together and let your knees drop to the sides, without bouncing. 30 s.



5 **Calf stretch at the wall**
hands on the wall, one leg straight behind you with the heel on the floor. 30 s per side.



Wilson's tip: stretching isn't just a box to tick. Breathe slowly and deeply; this is when your legs switch from training to recovering.



Wilson trains 3 days a week, on the days you choose, with a rest day in between.

Home plan

You train 3 days a week, with a rest day in between. Each day works a different part of your legs.

HOW EACH DAY WORKS

1. Warm up for 10 minutes.
2. Do the day's 5 exercises in order. Finish all the sets of one exercise before moving on to the next.
3. Rest between sets as your level says.
4. Do the cardio for your level.
5. Stretch for 5 minutes.

LEVEL	SETS	REPS	REST BETWEEN SETS	APPROX. TIME
BEGINNER	2	12 to 15	60 s	40 min with cardio
INTERMEDIATE	3	12 to 15	60 to 75 s	60 min with cardio
ADVANCED	4	8 to 12	90 s	75 min with cardio

In single-leg exercises, the reps are per leg. In isometric exercises, you hold for the time shown.

Sample week: Monday Day 1, Wednesday Day 2, Friday Day 3. Don't train legs two days in a row.

WHAT YOUR WEEK LOOKS LIKE

	M	T	W	T	F	S	S
EXAMPLE 1	Day 1	Rest	Day 2	Rest	Day 3	Rest	Rest
EXAMPLE 2	Rest	Day 1	Rest	Day 2	Rest	Day 3	Rest

Pick the 3 days that suit you best, always with a rest day between them.

DAY 1

Quads, adductors and glutes

front and inner thigh

Quads: the front of the thigh.

Adductors: the inner thigh.

How to read this day: find the column for your level. Do the exercises in order, from top to bottom, and finish all the sets of one before moving on to the next. At the top of each column you'll find your sets, reps, rest and what weight to use. “3 × 12 to 15” means 3 sets of 12 to 15 reps. How to do each exercise, step by step, is in the catalog: the page number is next to each one. A word you don't know? Look it up in “Words you'll see”, p. 12.

BEGINNER

2 sets × 12 to 15 reps · rest 60 s
Weight: Your body weight



1. **Chair squat** — TECHNIQUE P. 10



2. **Assisted reverse lunge**



3. **Step-up onto a chair or step** — TECHNIQUE P. 11



4. **Side-lying adduction** — TECHNIQUE P. 11



5. **Wall sit 20 s**

INTERMEDIATE

3 sets × 12 to 15 reps · rest 60 to 75 s
Weight: Band or light dumbbells



1. **Goblet squat** — TECHNIQUE P. 10



2. **Bulgarian split squat** — TECHNIQUE P. 11



3. **Sumo squat with dumbbell**



4. **Side lunge** — TECHNIQUE P. 10



5. **Wall sit 40 s**

ADVANCED

4 sets × 8 to 12 reps · rest 90 s
Weight: Dumbbells, heavy band or barbell



1. **Goblet squat with pause at the bottom** — TECHNIQUE P. 10



2. **Bulgarian split squat with dumbbells** — TECHNIQUE P. 11



3. **Side lunge with dumbbell** — TECHNIQUE P. 10



4. **Side plank adduction 20 s per side**



5. **Jump squat (8 to 10)**

Tip: in the adduction, lift your bottom leg without rotating your hips. It's a short movement; what matters is feeling your inner thigh.

To switch things up each week

After 2 or 3 weeks on the plan, you can swap these exercises for their variation. They work the same muscles and give them a new challenge.

EXERCISE	SWAP IT FOR
Chair squat	3-count squat
Glute bridge	Frog pump
Reverse lunge	Split squat pulses
Side leg raise	Fire hydrant
Calf raise	Calf raise on a step
Bridge hold	Bridge with heel raises
Assisted reverse lunge	Split squat hold
Bridge with feet on a chair	Bridge with feet on the wall
Wall sit	Wall sit with heel raises

Short on time? Do the exercises in blocks, like in the trainer's program: 1 and 2 back to back (superset), 3 and 4 back to back, and 5 on its own. Beginners do the first and second blocks; intermediate and advanced do all three.

Wilson shows every exercise with its illustration, how to do it and the most common mistake.

Exercise catalog

Each exercise explains how to do it and the most common mistake.

Home



Chair squat

Feet shoulder-width apart. Push your hips back until you touch the chair and stand up without sitting all the way.

Common mistake: Letting your knees cave in.



Goblet squat

Hold a dumbbell close to your chest. Go as low as you can with a straight back and stand up pushing through your heels.

Common mistake: Lifting your heels off the floor.



Side lunge

Take a long step to the side and lower by bending that knee, with the other leg straight.

Common mistake: Letting the bent knee go far past your toes.



Bulgarian split squat

Back foot on a chair. Lower your back knee toward the floor and come up with your front leg.

Common mistake: Placing your front foot too close to the chair.



Step-up onto a chair or step

Step up with one foot, pushing through your heel until you're standing on top, and step down with control.

Common mistake: Pushing off with the bottom leg.



Side-lying adduction

Lying on your side, top leg bent with the foot on the floor in front. Lift and lower your straight bottom leg.

Common mistake: Rolling your hips back.

Canela says your health always comes first.

Before you start: your health first

This guide is for healthy people who want to train on their own; it doesn't replace an assessment by a doctor or a trainer. Check with a professional before you start if:

- You're pregnant or gave birth less than 6 months ago.
- You have knee, ankle, hip or lower back pain.
- You've had a recent injury or surgery on your legs, hips or back.
- You have high blood pressure or a heart condition, or you haven't exercised in a long time.

Stop right away if you feel dizzy or have chest pain, shortness of breath that doesn't go away, sharp pain in a joint, or if your knee locks or swells. Muscle soreness in the following days is normal; stabbing pain is not.



Minchu explains every unusual word in the guide.

Words you'll see

If a word in the guide isn't clear, look it up here.

WORD	WHAT IT MEANS
Rep	Doing the movement once, all the way, for example going down and up in a squat.
Set	A group of reps done in a row, without stopping. “3 × 12” means 3 sets of 12 reps.
Range	The numbers you work between. “10 to 12” means at least 10 and at most 12.
Rest between sets	The time you wait between one set and the next of the same exercise.
Effort 8 out of 10	How hard the set was. At 8 out of 10 you have about 2 more reps left with good technique.
Failure	When you can't do a single more rep with good technique. Getting close to failure helps you grow; reaching failure doesn't build more muscle and is more tiring. In this guide it's optional and only for machine or single-muscle exercises.
Main exercise	The heaviest exercise of the day at the gym. It goes first, when you have the most energy, and gets more rest.
Accessory exercises	The ones that complete the day after the main exercise, with less weight and more reps.
Warm-up sets	Short sets with light weight before the main exercise, to get your technique ready. They don't count as your sets.
Superset	Two exercises back to back, with no rest between them. You rest after finishing both.
Isometric	You hold still in one position and the muscle works without moving, like in a plank.
Pause	Holding still for 1 or 2 seconds at the hardest point of the movement.
Single leg or single arm	The exercise is done one side at a time. The reps are per side.
Hip hinge	Bending from the hips, pushing your butt back with a straight back, like in the Romanian deadlift.
Core	Your abs, waist and lower back: the area that keeps your torso firm.
Progressive overload	Gradually adding reps, sets or weight so your body keeps improving.
Deload week	An easy week every 4, with fewer sets and less weight, to recover.
Talk test	A way to tell if your cardio is moderate: you can say short sentences, but you can't sing.

Canela: this is a sample. The full guide takes you through 12 weeks, step by step.

Did you like Day 1? Get the full guide

Strong legs includes the 3 home days and the 3 gym days for all 3 levels, the test to find your level, how to level up, the 12-week plan, the technique for every exercise with its illustration, habits, frequently asked questions and your printable log.

7 USD at **canelith.com/en/shop** → Training · or all 6 guides in the **Training pack**.

Want a routine built just for you? Book your **initial assessment** with our coach at **canelith.com/en**, Training section.



"Your body doesn't change in a day. It changes with every day you choose to come back."

Come back to this guide every time you level up. And if you want a plan made just for you, ask for **personal training** at **canelith.com/en**.

Canelith · Done well. Explained clearly.

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This guide is for information only and doesn't replace an assessment by a doctor, physical therapist or trainer.