

# THE 4 KINGS OF LEG STRENGTH

Stop guessing. Start growing.

BARBELL BACK SQUAT **X**

TRAP-BAR DEADLIFT

**CLUB:24**  
CONCEPT GYMS

BULGARIAN SPLIT SQUAT

BULGARIAN SPLIT SQUAT

BARBELL HIP THRUST **>>**

SWIPE RIGHT FOR THE PLAN **→**

# THE HIERARCHY OF FORCE.

Maximal strength requires heavy, multi-joint patterns. We analyzed the research to find the highest return on investment for your time.

1.



The King:  
Barbell Back Squat

PRIMARY  
FORCE

2.

TOTAL BODY  
RECRUITMENT



The Powerhouse:  
Trap-Bar Deadlift

3.



MUSCLE  
IMBALANCE  
CORRECTION



The Unilateral  
Weapon:  
Bulgarian Split Squat

4.

The Glute  
Specialist:  
Barbell Hip Thrust

MAXIMAL GLUTE  
ACTIVATION





# #1 THE BARBELL BACK SQUAT

## KING OF TRANSFER

Highest evidence weight for whole-leg strength. Improvements here directly transfer to sprint speed and athletic power.

## COACH'S CUE

Brace 360°. Control depth. Grind. Don't fear the forward lean—it's mechanics, not a mistake.

**Target:** Quads, Glutes, Adductors.



## #2 TRAP-BAR DEADLIFT

**HEAVY LOADS, SAFER BACKS**

Biomechanical data shows reduced spinal stress compared to the straight bar, but with **HIGHER** peak power output.

Lift heavy without the lower-back hangover. The perfect hinge for the modern grind.

### COACH'S CUE

Push the floor away. Keep the torso angle stable.

# #3 BULGARIAN SPLIT SQUAT

## THE UNILATERAL WEAPON

Research shows this matches Back Squat muscle activation with only 50% of the external load. Huge stimulus, less spinal compression.

Love to hate it. Do it anyway. Fix imbalances one leg at a time.

## COACH'S CUE

Tripod foot. Control the descent.



# #4 BARBELL HIP THRUST

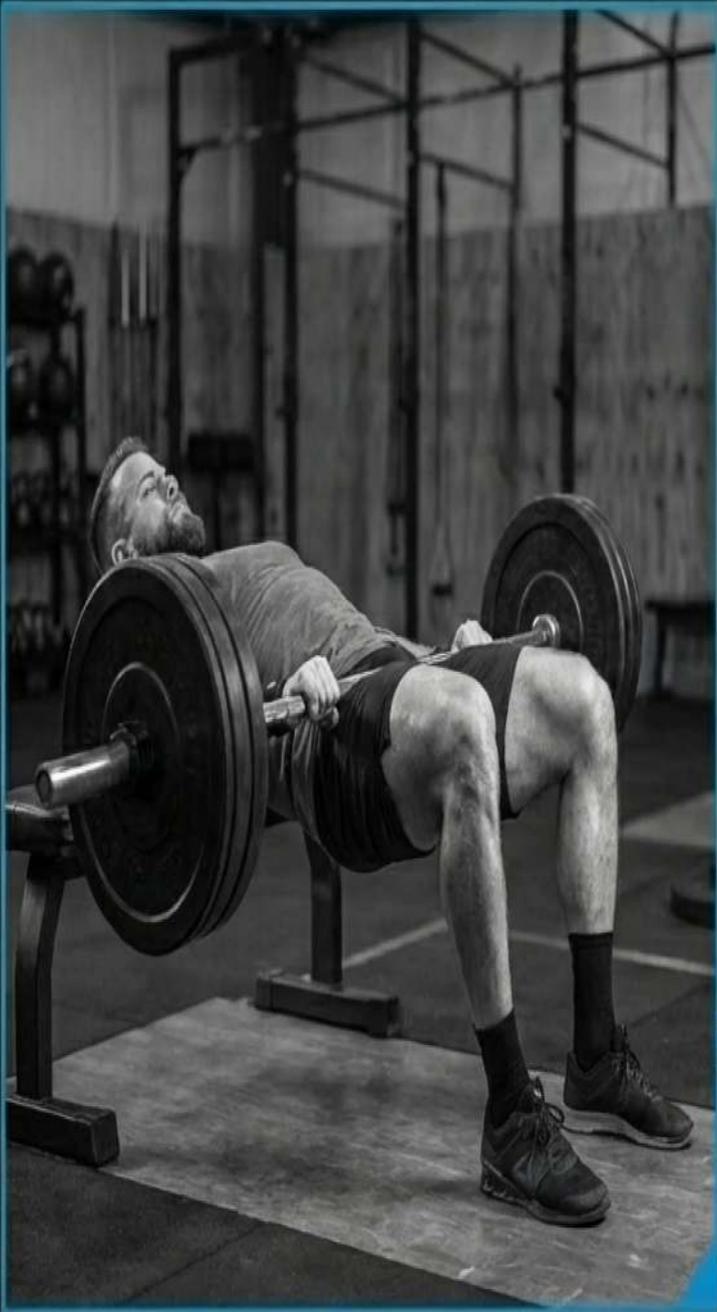
## GLUTE SPECIFICITY

Superior hip extension isolation. While squats build thighs, the thrust targets the glutes without adding knee stress.

The perfect heavy accessory to the Big 3.

## COACH'S CUE

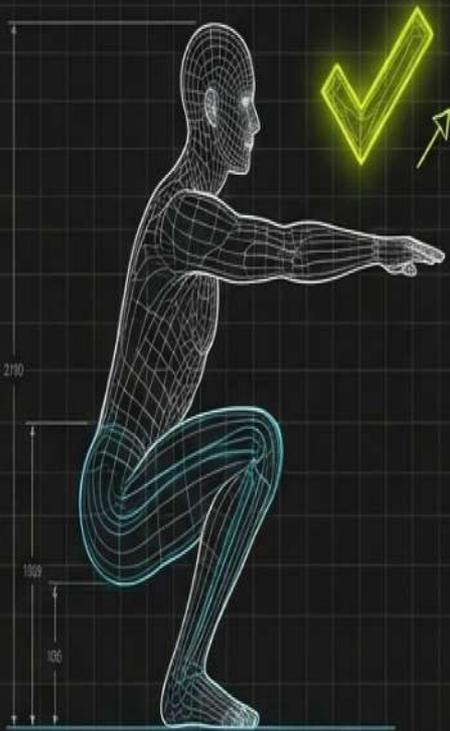
- Ribs down. Chin tucked. Squeeze at the top—don't hyperextend the back.



# SYSTEM DIAGNOSTICS: MYTHS DEBUNKED

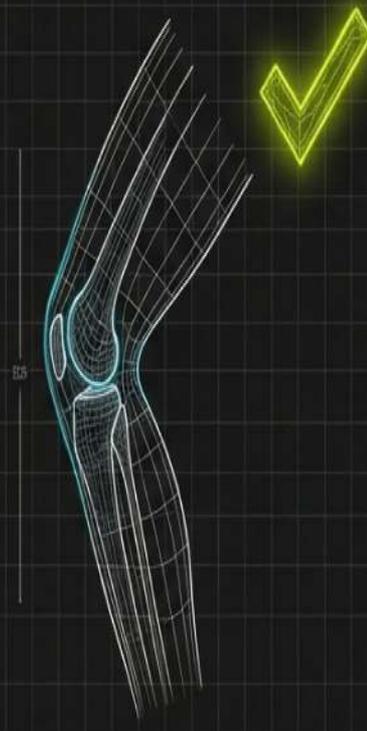
HEADLINE SPEC.

DWG NO. 801-LS



## ANALYSIS 1: DEEP SQUATS ARE SAFE.

Current reviews show no link to joint harm if technique is sound.



## ANALYSIS 2: KNEES OVER TOES IS OK.

Restricting knee travel shifts dangerous torque to the lower back.



WHITE: STRUCTURE  
CYAN: DATA FLOW  
GREEN: POSITIVE/GOOD  
ORANGE: ALERT/EMPHASIS

Ref: 2024 Scoping Review / Biomechanics 2022

# FEELING IT $\neq$ GROWING IT.

~~SENSATION~~

High 'burn' or EMG readings do not reliably predict muscle growth.  
Early-session glute activation doesn't guarantee hypertrophy.



**Chase progressive overload** (adding weight/reps),  
not just the pump.

Real results come from the logbook, not the mirror.



# TAKE A BREAK.

Short rests kill strength gains. Research supports 2–5 minutes rest for heavy sets to maintain volume load.

**“Earn your rest. Then hit it again.**

**If you can go again in 60 seconds, you didn't lift heavy enough.”**

Grind. Recover. Repeat.

## SAMPLE LEG DAY: REAL RESULTS

1. Trap Bar Deadlift: 3 sets x 5 reps (**Heavy**)
2. Back Squat: 3 sets x 6-8 reps (**Moderate**)
3. Split Squat: 3 sets x 8 reps/side (**Grind**)
4. Hip Thrust: 3 sets x 10 reps (**Finisher**)

---

Rest 3 min on compounds. 90s on accessories.



**Screenshot  
This**