

# **Legs Training Workout Giveaway**

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*You must get your physician's approval before beginning this program.*

Ask your physician for a complete physical examination, especially if you have high cholesterol, high blood pressure, are overweight, or have diabetes. Discuss all dietary changes with your physician or a registered dietitian.

This exercise and nutrition program is not a substitute for treatment, meal plans, prescriptions or professional advice made by your physician, dietician or other health care professional.

These recommendations are not medical guidelines to treat, diagnose, or cure any illness or condition. This program is designed for individuals 18 years old and older in good health. All forms of exercise pose some inherent risks. The publishers and editors advise all readers of this eBook to take full responsibility for the risks of exercise and stay within their limits. Ensure all equipment being used is well maintained and in good shape. That means safe barbells, tightened dumbbells, strong collars, and the like.

*Do not take risks beyond your level of experience and abilities.*

Don't lift heavy weights if you're alone, injured, fatigued, and inexperienced. Ask for instruction and a spotter for lifts to maximize safety. If you experience lightheadedness, dizziness, or shortness of breath while exercising, stop immediately and consult a physician.

## **Disclosure**

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# Welcome To Bach Performance

Let's cut to the chase: I'm here to help you look great naked—build muscle and lose fat—without living in the gym. I've been coaching men and women since 2009 and am here to cut through the bullshit, fluff, and fads that pollute the fitness industry and make “getting results” way too complicated.

If this sounds good to you, welcome to Bach Performance. You're in the right place. Our beliefs and methods are simple, yet our results are world class, as we'll show you shortly.

Chances are you've tried fasting, KETO, cleanses, aggressive diets, training programs from CrossFit to bodybuilding and haven't found what you're looking for. Or, maybe you have made the progress you wanted but are now looking to save time and still make great progress.

You want the right amount of muscle, a physique that turns heads at the beach, and the confidence to take your shirt off without feeling self-conscious. You want the energy to conquer long days at the office and busy nights at home, whether they entail building your business or building your family.

And you want to build a razor-sharp mind along with a clean bill of health without being a social recluse. The last part is essential, and something not often addressed when it comes to fitness. You need a fitness regimen to improve, not consume your life.

Heck, you have business meetings, dinners, and social occasions where brokering deals over dinner and cocktails is part of your livelihood.

We get it. **Bach Performance Physique Coaching Program is designed specifically to help high performers like you look great naked without living in the gym.** After all, building your best body improves more than the reflection in the mirror: it improves

your confidence and energy, which seeps into and improves your life from the boardroom to the bedroom.

In short, we understand the same thing: Building a high-performance body is an essential cog to both looking great naked and performing at your best in all facets of life.

Your time is at a premium, and while you want to lose stubborn fat and build muscle, it's also important you can do so without living on shriveled up chicken breast and partially frozen Tupperware.

**You need an approach to fitness to improve your life rather than consume it.**

If our “credo” resonates with you, then you're in the right place. I'm Eric Bach, owner of Bach Performance.



Bach Performance is the only 12-month Performance & Physique Transformation Program for busy men and women who want to look great naked without obsessing over fitness. Together, my coaches and I are here to help you regain your health, boost your energy and look great naked without obsessing over fitness.

I've been a coach for over a decade, working with collegiate and pro athletes while having my work featured in places like T-Nation, CNN, and bodybuilding.com. I'm also married, a father, and an entrepreneur.

I understand what it's like to have a full plate because, for lack of a better term, I'm in the grind with you.

We get what it's like to race the clock, feel like you have a never-ending to-do list, and still, have ideas spinning through your head while laying in bed. Conversely, we understand how easy it is to feel overwhelmed and to occasionally throw your hands up and wonder how you'll ever get it all done.

Luckily, with our experience at Bach Performance, we've found the fundamental principles high performers need to focus on to look, feel, and perform their best even when they're on the go 24/7.

We're uniquely equipped to help you , unlike anyone else in the fitness industry. **The key to maximizing the precious minutes in your day to perform at peak capacity comes down to finding a practical approach to improve, not consume your day.**

So, what is the “secret?”

**Well, marketing be damned, we don't like to throw “secrets” around.**

Instead, we focus on science-tested, experienced back methods as you'll see in the High-Performance Handbook.

Our core beliefs are this:

**Training:** Train simply. Lift heavy. Progress consistently. Success comes from the ruthless execution of the basics.

**Nutrition:** Eat foods on the ground or have a face. Nutrition must be made simple.

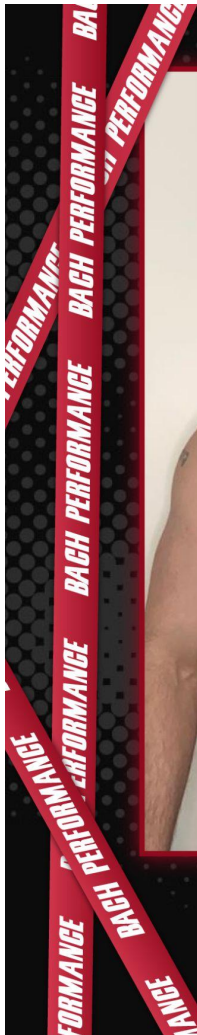
**Lifestyle:** Fitness should improve your life, not consume it.

Much like business, success often comes from the ruthless execution of the basics, then mixing in higher level tactics as they fit--not relying on them as a “cure-all solution.”

So, how can we simplify fitness and embed the Bach Performance credo into helping you build a high-performance body and lifestyle?

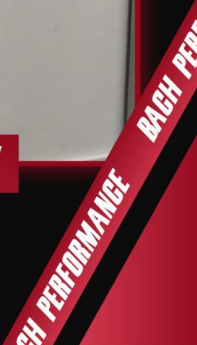
Read on. We're going to cover the biggest mistakes high performers make with their training, diet, and lifestyle. More importantly, we're going to give you a clear-cut action step for each one, and show you how we've helped others just like you overcome the same hurdles.

**The methods below have worked wonders for over 1100 clients:**




## BACH PERFORMANCE

HIGH PERFORMANCE  
 BACH PERFORMER

**JOHN DORMAN**

## BACH PERFORMANCE

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**BEFORE**



**240 LBS**

**AFTER**



**179.4 LBS**

**MR. X** **AGE: 54**

 **BACH PERFORMANCE**


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*BACH PERFORMANCE*



**BACH**  
**PERFORMANCE**

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**BEFORE**



**AFTER**





**"I even get compliments  
on my butt now!"**

**KACI ANN**

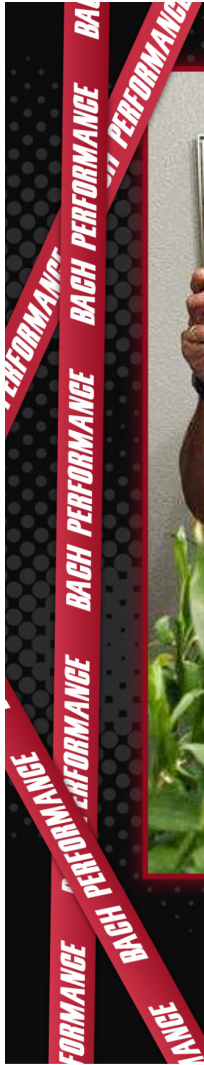


**BACH  
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**218 LBS**


**HIGH PERFORMANCE** **BACH PERFORMANCE**



**192 LBS**

**THIAGO FORNAZIER**

**BACH PERFORMANCE**

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If you'd like to experience a similar life-changing transformation, whether you want to build bigger arms or burn stubborn belly fat and retake control of your health, apply for coaching here:  
<https://bachperformance.com/coaching>

Otherwise, enjoy this guide. It'll get you going in the right direction.

*Eric Bach, President at Bach Performance*

## **Video guided Workout:**

Want to build a strong, powerful lower body?

Want to learn how to OPTIMIZE your technique to prevent injuries?

Sick of spinning your wheels with ineffective workouts?

If any of this rings true, you need to see the new Leg Day Workout I Uploaded to YouTube:



In this video, I break down my specific lower body workout. You'll learn the right way to warm up to reduce injuries.

How to build POWER and athleticism.

The SPECIFIC coaching cues I give when I'm training clients...so you can do the same and get more bang for your buck on leg day.

And as a bonus tip I'll explain how I progress weights on each exercise,



so you can do the same.

Please comment, like, subscribe and share if you found this helpful:  
this helps us know what you like so we can BEST support you in the future.

==> [Leg Day Workout](#)

## **Strong, Athletic Legs**

Warm Up:

A. Jump Rope

3-5 minutes

B. Quadruped Hip Series 1x8 each

Hip Circle

Bent Knee Extension

Lateral Reach

C. Toe Grab Squat x10

D. Lateral Squat 1x8 each

1. Single Leg KB RDL 3x8 rest 60s

2. Squat Jumps 3x5 rest 60s

3. Barbell Front Squat 3x5-6 rest 3 min

4. Barbell RDL 3x8-10 rest 2-3 min

5. Leg Extension 3x12-15, rest 60s

6. Bulgarian Split Squat triple drop set Finisher

15 second iso hold- 6-8 reps.

Drop weight 20%

15 second iso hold- 6-8 reps.

Drop weight 20%

15 second iso hold- 6-8 reps.

Drop weight 20%

Try not to die.

## **6 Lifts for Big Legs and Healthy Joints**

Training miles add up. Heavy squats and deadlifts do more harm than good when small aches and pains become chronic injuries.

Not lifting isn't an option. Neither is chewing ibuprofen. So what do we do? Ideally, we work around the aches and pains while still building strength, muscle, and resilient joints.

Joint-friendly exercises reduce the stress placed on the joints at their most high-tension positions (the bottom and top of each rep) while still creating overload. Here are six to try:

<https://youtu.be/GUnfRFb2wFg>

### 1. Dumbbell Step-Back Lunge from Deficit

This is a great alternative to the traditional lunge because it places less stress on the joints. It reduces the amount of knee flexion required to perform the exercise. There's less tension on the knee, which is great if you're dealing with nagging knee issues.

Also, by stepping back instead of forward, this lunge variation places less shear force on the knee, which can help reduce the risk of knee injuries and improve joint health over time.

Moreover, using dumbbells allows you to use a more controlled and stable movement pattern, minimizing joint strain.

What to do:

- Start by standing on a small platform 3-6 inches off the ground. Stand with your feet hip-width apart and hold dumbbells at your sides, palms facing in.

- While keeping your chest up and core engaged, step your left foot back and lower your body into a lunge, bending both knees to about 90 degrees.
- Pause for one second, then push back up to the starting position.
- Repeat for the desired number of reps, then switch sides.

## 2. Split Squat

The split squat provides a greater range of motion in the hip joint, which helps improve hip mobility. It also places less stress on the working knee, which benefits those who suffer from knee pain or have a history of knee injuries. And unlike traditional squats, you can use a more upright posture, reducing stress on the low back.

Squatting with one leg at a time will help you put plenty of tension on the target muscles (glutes, hams, quads) without stressing out the spine. Working each leg separately will improve your balance and joint stability.

What to do:

- Unrack the bar and step back with your right foot while keeping your left foot in place.
- Lower your body straight down until your left thigh is parallel to the ground and your right knee hovers just above the ground.
- Push through your left heel to return to the starting position.
- Keep your torso upright and engage your core throughout the exercise.

- Repeat on the other side.

Use a longer stance for more tension on the glutes and hamstrings. Use a shorter stance to increase quad activation.

### 3. Goblet Lateral Squat

The **lateral squat 147** targets your quads, glutes, and adductors while improving balance and coordination. To do this, you'll move in the frontal (side-to-side) plane, which improves athletic performance.

Unlike traditional squats, which primarily work in the sagittal plane, lateral squats engage different muscle groups and movement patterns while preventing muscular imbalances and reducing injury risk.

What to do:

- Stand with your feet shoulder-width apart and your arms extended in front of you for balance.
- Take a large step to the side with your right foot. Keep your toes pointed forward and your left foot planted on the ground.
- Lower your body down and to the side by bending your right knee and hip as if sitting on a chair.
- Keep your left leg straight and your foot firmly planted on the ground.
- Lower yourself down as far as you can comfortably go, then push through your right foot to return to the starting position.
- Repeat on the other side.

### 4. Dumbbell Step-Up



Do the step-up to build strength, stability, and mobility in your lower body while minimizing the risk of joint pain or injury.

The vertical shin position helps keep stress and tension off the knee and allows you to load the quads much more while keeping an upright torso. This means you won't be adding stress to the lower back or spine. Like other unilateral exercises, the step-up helps improve your joint integrity through improved balance and stability.

The biggest mistake people make with lunges is pushing off the back leg rather than driving through the front foot.

What to do:

- Start with your left foot on a box around knee height.
- Stay under control while you engage your quad and drive through your left heel until you've completely lifted your body onto the box.
- Lower down by keeping your left foot planted on the box until your right foot is back on the ground. Use the step down as a focused eccentric movement. This will maximize control and weight on the front foot.
- Pause for a second before repeating.
- Avoid bouncing your right foot off the floor and using momentum to start the next rep.

## 5. Offset Bulgarian Split Squat

Much like the split squats, **Bulgarian 44** or rear-foot elevated split squats provide a ton of benefits for beat-up joints.

This exercise is a little more demanding because your rear foot stays elevated the whole time, requiring a lot of stability. This requires more recruitment of smaller stabilizer muscles and reduces the weight you can use for the exercise. This decreases stress on the joints and lower back.

By offsetting the weight and holding it on the side of your working leg, you increase the stability demand, not just on the ankles, knees, and hips, but the spine as well. This makes your joints more resilient and helps reduce nagging aches and pains.

What to do:

- With a kettlebell or dumbbell in your left hand, place your right foot on a bench behind you (laces down) and step forward with your left foot.
- Lower down until your left thigh is parallel to the ground and your right knee hovers just above the ground.
- Push through your left heel to return to the start.
- Keep your torso upright and core engaged.

## 6. Reverse Banded Hack Squat

If you want to really hammer your legs without the negative effects of a barbell squat, the hack squat is for you because it takes a lot of the stress off your knees and lower back.

During a traditional barbell squat, your knees bear a lot of weight and pressure. This can be problematic if you have knee pain or you're recovering from an injury. Hack squats, on the other hand, create external stability with the machine while allowing a deep squat to smash your quads.

Traditional squats also put a lot of strain on your lower back, especially if you have poor form or weak core muscles. Hack squats take this pressure off by keeping your torso upright and supported by the machine.

With the machine, you can focus on isolating your leg muscles without worrying as much about your balance or form. This can be especially helpful if you're trying to target specific muscle groups or if you're working with a physical therapist to rehabilitate an injury.

Reverse banding the hack squat makes the movement even more joint-friendly.

The purpose of the reverse band is to help take the stress off the knees at the bottom of the movement. The band assists you as you begin to lift up, but then deloads (goes slack) near the top. This further loads your quads to create more tension at the top portion of the movement.

What to do:

- Anchor a resistance band around a non-moving part of the hack squat machine. Loop the other end of the band around the moving sled.

- Hack squat like normal.