

Laszlo Kiraly - Legs, Delts and Arms specialization

This is the exact program I made for IFBB Pro Laszlo Kiraly. This program will work extremely well for anyone trying to bring up Legs, Delts and Arms. Proximity to failure, as well as volume, are specific to Laszlo's needs at the time of writing this (he likes training...a lot). Quality programming is always a combination of what's best "on paper" as well as what the individual athlete enjoys and knows works best.

As for every program, feel free to adjust variables slightly as needed. The base metric of "1 REP" is not well established in "research", and can vary largely from individual to individual. So feel free to make slight adjustments to the program's prescribed: Rep ranges, Number of working sets, and Proximity to Failure (RIR). Anyone that argues any of these variables down to the single metric of measure as definitively "the best", has spent too much time on social media, and too little time applying training to actual humans. In addition, every individual brings large differences to the table as far as "outside the gym" variables: nutrition, sleep, stress, etc. So while I'm confident this program provides epic guidelines and a great place to start, you are ultimately your own study of 1. So feel free to experiment a bit.

Also, with exercise selection I always follow one of my main, guiding training principles of: As little as possible to produce maximal results. That said, there is no exact cut off point for the number of exercises per workout. So if you want to add an exercise or even two to any given workout, same as the advice I give above... try it out, measure progress and adjust accordingly. Lastly, exercise selection is based on what I feel has the most evidence for being effective long-term, but for any single exercise on the program, there are always other options that can accomplish the same goal similarly. So feel free to swap exercises based on preference, or if you need a recommendation get in the forums.

Rest: 90 seconds - 3 minutes before working sets

Split

Back

Biceps/Calves/Abs

Legs

Calves/Chest/triceps

Delts

Legs 2

Arms/calves/Abs

Legendary recovery:

4 days on, 1 day off

Good recovery:

2 days on, 1 day off

Below average recovery:

1 on, 1 off

*These are still just suggestions. There is no right or wrong option here. You can also make this work with any schedule. Whenever you train, just pick right up on the next session. Hypothetically, if you're ever sick, rundown, excessively busy, stressed or just have a moment of laziness and train less days than the suggested split, no worries at all just pick back up right where you left off. At the same time if you are recovering like a robot, or just absolutely love training more often than the suggested split, have added it. Don't let anyone, myself included, limit how much you love the train, or make you feel guilty for missing a session. Long-term consistency and adherence are.

Back

Neutral Grip Pull-ups

Set 1: 6-8 reps

Set 2: 8-12 reps

Chest Supported Tbar row

Set 1: 6-8 reps

Set 2: 8-12 reps

Set 3: 10-15 reps

Single Arm Cable pulldown

Set 1: 6-8 reps

Set 2: 8-12 reps

Set 3: 10-12 reps

RDLs

Set 1: 6-8 reps

Set 2: 8-12 reps

Machine rows

Set 1: 6-8 reps

Set 2: 8-12 reps

pulldowns (neutral grip)

Set 1: 10-12 reps

Set 2: 12-15 reps

Set 3: 15-20 reps

Biceps/Calves/Abs

Single arm preacher curls

Set 1: 6-8 reps

Set 2: 8-12 reps

Set 3: 12-15 reps

Single-arm DB hammer curls

Set 1: 6-8 reps

Set 2: 8-12 reps

Set 3: 12-15 reps

Incline Cable Curls

Set 1: 6-8 reps

Set 2: 8-12 reps

Set 3: 12-15 reps

Standing Calf Raises

Set 1: 12-15 reps

Set 2: 12-15 reps

Ab Mat Crunches (body weight)

Set 1: AMRAP

Set 2: AMRAP

Legs

Seated Leg Curls

Set 1: 5-8 reps

Set 2: 5-8 reps

Set 3: 5-8 reps

Quad dominant heel elevated squats

Set 1: 5-8 reps

Set 2: 8-10 reps

Hack squats (banded)

Set 1: 6-8 reps

Set 2: 8-12 reps

Set 3: 12-15 reps

Lying Leg Curls

Set 1: 5-8 reps
Set 2: 5-8 reps
Set 3: 5-8 reps

Leg extensions
Set 1: 6-8 reps
Set 2: 10-12 reps
Set 3: 12-15 reps

Rear foot elevated split squats
Set 1: 6-8 reps (per leg)
Set 2: 10-12 reps (per leg)

Calves/Chest/Triceps

Hip loaded Calf Raises
Set 1: 6-8 reps
Set 2: 8-12 reps
Set 3: 12-15 reps

Flat barbell bench press
Set 1: 5-6 reps
Set 2: 6-8 reps

Incline DB press
Set 1: 8-10 reps
Set 2: 10-12 reps

Roller Cable Flys
Set 1: 5-6 reps
Set 2: 6-8 reps
Set 3: 8-10 reps

Incline machine press
Set 1: 10-12 reps
Set 2: 12-15 reps

Cuff cable cross triceps extensions
Set 1: 5-6 reps
Set 2: 6-8 reps
Set 3: 8-10 reps

Dips

Set 1: 6-8 reps
Set 2: 8-12 reps

Delts

Lying cuff lateral raises
Set 1: 5-6 reps
Set 2: 8-10 reps
Set 3: 10-15 reps

cable rear delts
Set 1: 5-6 reps
Set 2: 8-10 reps
Set 3: 10-15 reps

Machine Shoulder press
Set 1: 6-8 reps
Set 2: 8-12 reps
Set 3: 12-15 reps

Legs 2

Leg extensions
Set 1: 6-8 reps
Set 2: 10-12 reps
Set 3: 12-15 reps

Banded hacks
Set 1: 12-15 reps
Set 2: 20 reps

Lying Leg Curls (single leg)
Set 1: 5-8 reps
Set 2: 5-8 reps
Set 3: 5-8 reps

Leg Press quad dominant
Set 1: 12-15 reps
Set 2: 20 reps

Walking lunges
Set 1: 20 reps (10 per leg, 20 steps total)

Arms/calves/Abs

Seated cable cross extensions

Set 1: 5-6 reps

Set 2: 6-8 reps

Set 3: 8-10 reps

Machine preacher curls

Set 1: 5-6 reps

Set 2: 6-8 reps

Set 3: 8-10 reps

banded smith machine JM press

Set 1: 5-6 reps

Set 2: 6-8 reps

Set 3: 8-10 reps

high supinating cable curls

Set 1: 5-6 reps

Set 2: 6-8 reps

Set 3: 8-10 reps

Seated overhead rope extensions

Set 1: 5-6 reps

Set 2: 6-8 reps

Set 3: 8-10 reps

incline DB curls

Set 1: 5-6 reps

Set 2: 6-8 reps

Set 3: 8-10 reps

Standing Calf Raises

Set 1: 12-15 reps

Set 2: 12-15 reps

Hanging Leg Raises

Set 1: BW - AMRAP

Set 2: BW - AMRAP