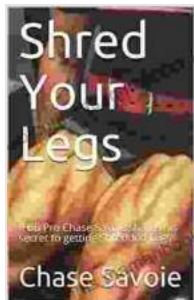


Ifbb Pro Chase Savoie Shares His Secret To Getting Shredded Legs



Shred Your Legs : IFBB Pro Chase Savoie shares his secret to getting Shredded Legs by Roz Morris

★★★★★ 5 out of 5

Language : English
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Enhanced typesetting : Enabled
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Print length : 10 pages
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Screen Reader : Supported

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Chase Savoie is an IFBB professional bodybuilder and fitness influencer who is known for his amazing physique, especially his shredded legs. In this article, Chase shares his secret to getting shredded legs, including his training, nutrition, and supplementation.

Training

Chase trains his legs twice per week, with each workout lasting about 60-75 minutes. He typically starts his workout with a compound exercise, such as squats or leg press, and then follows up with 3-4 isolation exercises. Chase uses a variety of training techniques to challenge his muscles and promote growth, such as drop sets, supersets, and forced reps.

Here is a sample leg workout from Chase Savoie:

- Squats: 3 sets of 8-12 repetitions
- Leg press: 3 sets of 8-12 repetitions
- Hamstring curls: 3 sets of 10-15 repetitions
- Calf raises: 3 sets of 15-20 repetitions

Nutrition

Chase follows a strict diet to support his training and recovery. He eats 6-7 meals per day, spaced evenly throughout the day. Each meal contains a balance of protein, carbohydrates, and fats. Chase also drinks plenty of water throughout the day to stay hydrated.

Here is a sample meal plan from Chase Savoie:

- Meal 1: Oatmeal with protein powder and fruit
- Meal 2: Chicken breast with brown rice and vegetables
- Meal 3: Tuna salad with whole-wheat bread
- Meal 4: Protein shake with fruit and yogurt
- Meal 5: Salmon with quinoa and vegetables

- Meal 6: Casein protein shake before bed

Supplementation

Chase uses a variety of supplements to support his training and recovery. These supplements include:

- Creatine: Creatine is a natural substance that helps to increase muscle strength and power.
- Beta-alanine: Beta-alanine is a amino acid that helps to buffer lactic acid and reduce muscle fatigue.
- BCAAs: BCAAs are essential amino acids that help to promote muscle growth and recovery.
- Glutamine: Glutamine is an amino acid that helps to reduce muscle soreness and improve recovery.
- Fish oil: Fish oil is a source of omega-3 fatty acids, which have anti-inflammatory properties.

Getting shredded legs takes hard work, dedication, and consistency. By following Chase Savoie's training, nutrition, and supplementation tips, you can achieve your goal of getting shredded legs.

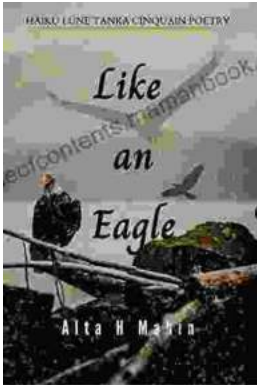


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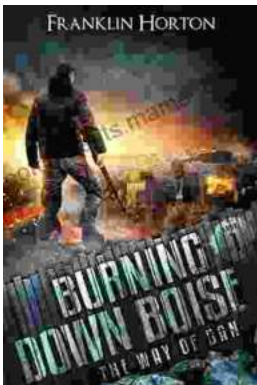
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