Leg Day Solutions
by Dustin Foley

Legacy Games

Each paragraph describes a bad idea for a "legacy" version of a classic schoolyard game with the given enumeration: Hopscotch, Red Rover, Freeze Tag, Four Square, Capture the Flag, Hide and Seek, and Red Light Green Light. Each description also contains exactly one number. (This is hinted by the first letter of each description spelling NUMBERS.) Using that number as an index into the name of each game spells the answer, PREQUEL, which would be another odd way to create a spinoff of a game.

Lego

If you were to construct the given shapes, they would form silhouettes of letters in three different directions, as indicated by the block in the upper right. The shapes from the "A" angle form the letters SHAD, the "B" angle OWPU, and the "C" angle PPET, so the answer is SHADOW PUPPET.
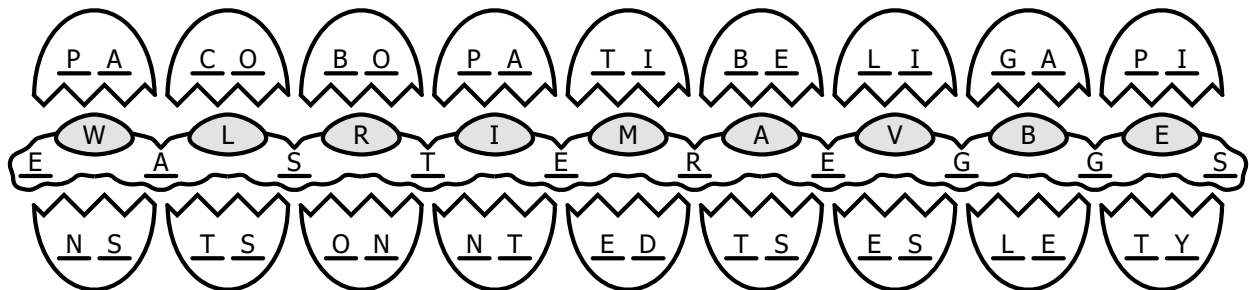
Leg of Lamb

Rows: SAUSAGE, BOLOGNA, SIRLOIN, BRISKET, CHORIZO, VENISON
Columns: OXTAIL, GAMMON, HAGGIS, MUTTON, RIBEYE, SALAMI, BURGER
The leftover letters say "Well me and what got married down in lunchlady land." These are lyrics near the end of the Adam Sandler song "Lunchlady Land" that refer to the apt answer SLOPPY JOE.
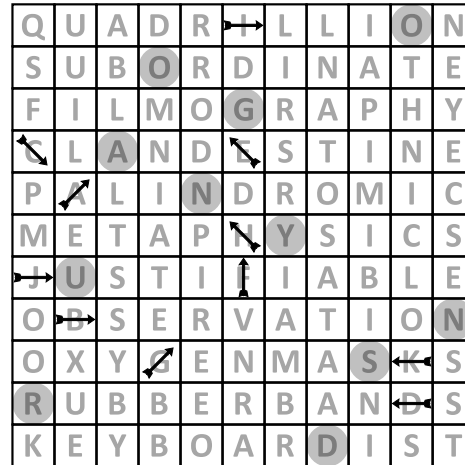
L'Eggs

Nine of the answers are 4 letters long (PANS, etc). Nine others are 5 letters long, formed by adding one of the given "yolk" letters to the center of a 4-letter answer (PAWNS, etc). The other nine are 6 letters long, formed by replacing the "yolk" letter with two other letters (PAEANS, etc), which end up chaining across adjacent egg whites. Those letters along the egg whites spell the answer, EASTER EGGS.
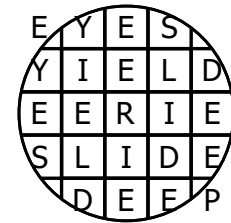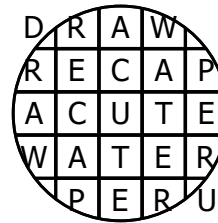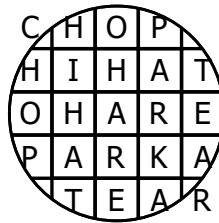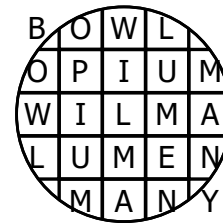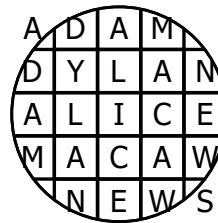
Legolas

After solving the logic puzzle, note that the arrow clues themselves have been placed on squares containing different letters from A through K. If you read the letters on the orcs' squares in alphabetical order by arrow, this spells ANDROGYNOUS.

Q	U	A	D	R	I	L	L	I	O	N
S	U	B	O	R	D	I	N	A	T	E
F	I	L	M	O	G	R	A	P	H	Y
C	L	A	N	D	E	S	T	I	N	E
P	A	L	I	N	D	R	O	M	I	C
M	E	T	A	P	H	Y	S	I	C	S
J	U	S	T	I	F	I	A	B	L	E
O	B	S	E	R	V	A	T	I	O	N
O	X	Y	G	E	N	M	A	S	K	S
R	U	B	B	E	R	B	A	N	D	S
K	E	Y	B	O	A	R	D	I	S	T

L'Eggo My Eggo!

The edge piece answers are each 4 letters long, and can be formed by adding a letter to the upper left or lower right of a waffle grid. The upper left letters are A through E, providing an ordering. The lower right letters, in that order, spell SYRUP.

A: ADAM / DYLAN / ALICE / MACAW / NEWS
B: OWL / OPIUM / WILMA / LUMEN / MANY
C: CHOP / HIHAT / OHARE / PARKA / TEAR
D: DRAW / RECAP / ACUTE / WATER / PERU
E: EYES / YIELD / EERIE / SLIDE / DEEP

Legato

The first letters of the sentences spell ITALIAN TERMS. At least one word in each sentence is the literal translation of a musical term of Italian origin, specifically as per Wikipedia's "List of Italian musical terms used in English: Techniques" at the time of writing. The last two words in each sentence are an anagram of that term, with one extra letter. Those extra letters spell the clue HARP-LIKE WORD. From that same list, "harp-like" is the literal translation of the answer, ARPEGGIO.

TIED = LEGATO = THE GOAL - H
ALL = TUTTI = IT TAUT - A
DETACHED = STACCATO = TACO CARTS - R
PLUCKED = PIZZICATO = TOPIC PIZZA - P
DISCORD = SCORDATURA = OCULAR DARTS - L
HAMMERED = MARTELLATO = LITTLE AROMA - I
CARRIED = PORTATO = TOOK PART - K
FORCING = SFORZANDO = FAZE DONORS - E
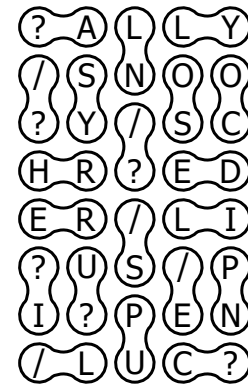GLIDING/GLOSSING = GLISSANDO = WAGONS SLID - W
SEPARATED/DISTINCT = SPICCATO = COCOA TIPS - O
VERY HIGH = ALTISSIMO = LIMITS SOAR - R
SUPPORTING = APPOGGIATURA = GUITAR GODPAPA - D

Legumes

Reading the letters in the solved grid from left to right and top to bottom, we get a list of six characters from the comic strip Peanuts, separated by a slashes, and with one letter from each replaced with a question mark: (S)ALLY, SNOO(P)Y, SCHR(O)EDER, LI(N)US, PI(G)PEN, and LUC(Y). The missing letters spell the answer SPONGY, which can also describe packing peanuts.

Leg Day Metapuzzle

Each answer is a different length, so they can be matched to the different sets of boxes in this order: ANDROGYNOUS, SLOPPYJOE, PREQUEL, SHADOWPUPPET, SYRUP, EASTEREGGS, ARPEGGIO, SPONGY.

The given word "answers" at the top of the page is written in lowercase, indicating that you should write your own answers in lowercase as well. However, the letters in the word "answers" also happen to fill their boxes perfectly. Other letters of the alphabet could have parts protrude from the tops or bottoms of the boxes. Specifically, the letters g, j, p, q, and y all have leg-like "descenders" when written in lowercase, which would enter into the lower sets of five boxes. As further confirmation, those letters with descenders only ever appear within those five-letter ranges, and any letters with tall "ascenders" never appear within those ranges.

Interpret the indicated letters as binary digits, where a letter without a descender is 0, and a letter with a descender is 1. For example, the "rogyn" from "androgynous" is 00110, which is 6, and the 6th letter of the alphabet is F. This spells the final answer, FOR KICKS.

androgynous	rogyn	00110	6	F
sloppyjoe	oppyj	01111	15	O
prequel	prequ	10010	18	R
shadowpuppet	wpupp	01011	11	K
syrup	syrup	01001	9	I
eastereggs	eregg	00011	3	C
arpeggio	rpegg	01011	11	K
spongy	pongy	10011	19	S