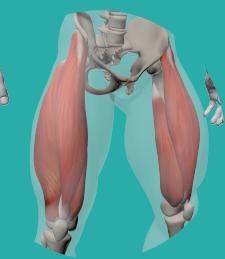


QUADRICEPS WORKOUT

ORIGIN



Dumbbell Squat

- Hold dumbbells at your side, set your feet shoulder-width apart, toes slightly turned out, keep core braced and eyes looking forward.
- Slowly bend at the knees, drop your hips to lower your body, keep your heels flat on the floor, avoid letting dumbbells cave the knees in.
- At the bottom of the movement and after a slight pause, strongly push back up to the starting position.



Barbell Back Squat

- With barbell resting on upper traps, and wrists and elbows directly under bar in a vertical position for support. Feet shoulder-width apart, toes slightly turned out, core braced and eyes looking forward.
- Slowly bend the knees and drop hips to lower the body, keep heels flat on the floor, ensuring wrists and elbows remain vertical.
- At the bottom of the movement and after a slight pause, strongly push back up to the starting position.



Lunge

- Keeping your torso straight, step forward into a split stance position, heel of the back foot should be raised.
- Bend both knees to lower slowly until your back knee almost touches the floor, then push all the way back up to the starting position through the heel of the front leg.
- Complete reps on one leg, then switch to the other.

KEY:

FX

FW

BW

ISO

COM



Weighted Rear Lunge

- Hold dumbbells by your side, keeping your torso straight, step backwards into a split stance position, the heel of your back foot should be raised.
- Bend both knees to lower slowly. The back knee should almost touch the floor, then push back up to starting position through the heel of the front leg.
- Complete reps on one leg, then switch to the other.



Leg Press

- Place feet completely on footplate, slightly wider than shoulder-width apart, toes slightly turned out, keep core braced, eyes looking forward.
- Pushing through the sole and mid foot (not the toes), extend legs fully but do not lock the knees.
- Lower under control, avoid rounding the lower back at the bottom of the movement.



Leg Extension

- Adjust the back support to line knees up with lever arm pivot point, position roller just above ankles.
- Extend legs fully but under control, ensuring to avoid any hip extension during the movement.
- Return to starting position under control, do not allow the weights to touch inbetween repetitions.