

## Legs Exercise

### Front Squat

Some individuals find that squats build their butts well, but they really need help building their quads. If that's you, try front squats! By shifting the bar from the back to the front of the body, even just 6-8 inches, you change the relative amount of muscle loading that occurs. Front squats emphasize the quads over the glutes and hams, which means you'll sacrifice some of the load.

**How?** This exercise should typically replace the squat in your workout when your energy levels are highest. You can hold the bar in the front rack position with arms crossed. Do multiple sets of 6-10 reps.



### Leg Press

Like hack squats, however, the leg press allows for a variety of foot positions, effectively enabling you to target weaknesses such as the teardrops or outer thighs. Be careful not to lower the sled too far, though; doing so will lift your glutes up off the butt pad and cause your lower spine to curl. A rounded back puts you at risk for an injury. do 3 sets of 8-12 reps. This exercise is especially safe when combined with intensity-boosting techniques such as rest-pause, dropsets, or forced reps.



### Dumbbell Lunge

Like all the movements listed thus far, multipoint lunges require hip and knee extension, which gives you the stimulus for the thighs and glutes. They can be done standing in place, or stepping forward or backward—decide for yourself which subtle variation you prefer. You can also choose between a barbell and dumbbells.

**How?**

Do 3 sets of 8-20 reps per side, going higher the further back it is in your routine. As you reach muscle failure, jettison the dumbbells, and do a few more reps without them, like you would in a dropset.

