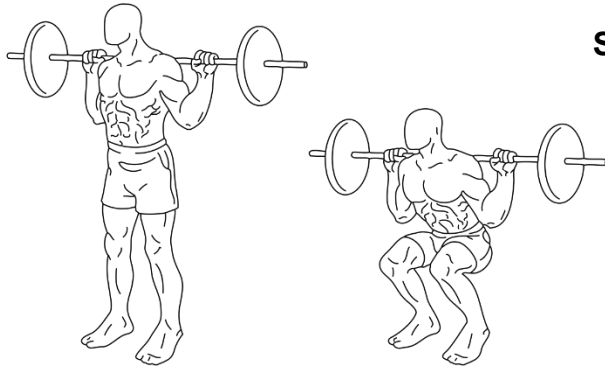


YOUR WORKOUT SPLIT

Quads

Exercise 1



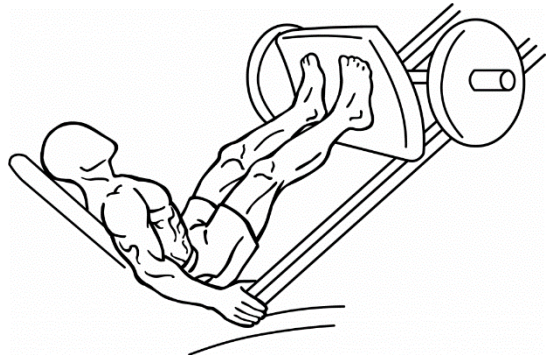
Squats

- 1) Stand with your feet shoulder width apart
- 2) If using barbell, prop weight on shoulders and step forward from rack
- 3) Proceed to squat, sitting back while lowering your body.
- 4) Return to starting position

Exercise 2:

Leg Press:

- 1) Place your legs on leg press platform with feet at shoulder width
- 2) Release the weight and extend your legs
- 3) Lower weight until legs are at 90 degrees, then raise to original position
- 4) Don't lock knees or raise back.



Exercise 3:

Bulgarian Split Squats

- 1) Stand with back to a raised surface (bench) and place one of your feet on the bench.
- 2) Squat with front leg until quads are parallel with the floor
- 3) Go back to start.

