

QUAD SIZZLER!

Sometimes you need to shock a muscle group with a new technique to stimulate growth. It's human nature to fall into a pattern and the body adapts. Change up the workouts regularly and assess your form often. Try this quad sizzling routine on for size!

1. LYING LEG CURLS

These will warm up your hamstrings. Adjust the length so the pad is on your ankles and then stretch down without the weight stack touching, full range of motion. Keep your upper body from rocking up and down. Squeeze your hamstrings and bring the pad up, touching your glutes for fifteen reps. Move to the next exercise.

2. ALTERNATING DUMBBELL LUNGES UP AND BACK

This works your core, quads, and hamstrings. Up and back is one repetition, then alternate for fifteen on each leg. Keep your head and chest up, stepping out and landing with your heels down. After you land, drop your back knee towards the floor. Keep your leading knee over your toe and push off to the start position. Take the same leg back behind you, landing on the ball of the foot, dropping the knee again towards the floor. Return to the start position and alternate. Don't rest long, move on.

3. LEG PRESS

This is the meat of this routine. Make sure to lower the sled to ninety degrees, keeping your entire foot in contact with the platform. On the return, squeeze your hams and glutes. Don't hyperextend your knees at the top, keeping all the resistance on your quads. Exhale on the push for fifteen to twenty reps. Rest and execute three rounds.

This workout is designed for endurance, so use moderate resistance. True change requires planning, execution, and consistency. Get busy and try this quad sizzling workout to make a breakthrough. Train hard.

Model: Steve Dufrene

EXERCISE 1



EXERCISE 2



EXERCISE 3

