

Quads (free weights)

Barbell Deadlift



Exercise Description:

Barbell Deadlift

Classification:

Quads (free weights)

Instructions:

1. Start Position: Assume a shoulder width stance, knees inside arms. Feet flat on floor.
2. Position shoulders slightly over bar and grab bar. Begin pull by extending the knees.
3. Keep angle of your back constant and lift bar straight up. Keep bar close to the body and keep shoulders directly over the bar.
4. Return to starting position.

Front Squat (barbell)



Exercise Description:

Front Squat (barbell)

Classification:

Quads (free weights)

Instructions:

- 1) Step under bar and position bar across anterior deltoids. Cross arms across each other so that your hands are touching opposite shoulders. Lift elbows up, pull shoulder blades together, and lift chest up to create a “shelf” for the bar.
- 2) Start position: Using the legs, remove bar from rack. Stand with feet slighter wider than hip width apart. Back should be straight in a neutral position.

- 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly ($\sim 5^\circ$) during movement. Be sure to “sit back” so that knees stay over the feet.
- 4) Once thighs are parallel to floor, return to start position.
- 5) Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes.
- 6) DO NOT allow knees to go past the big toe or deviate medially or laterally throughout movement. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

Full Squat (barbell)



Exercise Description:

Full Squat (barbell)

Classification:

Quads (free weights)

Instructions:

1. Grasp bar with overhand grip (palms forward) and slightly wider than hip width apart. Step under bar and position bar across posterior deltoids at middle of trapezius (as shown). DO NOT rest bar on neck. Lift elbows up, pull shoulder blades together, and lift chest up to create a “shelf” for the bar.
2. Start position: Using the legs, remove bar from rack. Stand with feet slightly wider than hip width apart. Back should be straight in a neutral position.
3. Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly ($\sim 5^\circ$) during movement. Be sure to “sit back” so that knees stay over the feet.
4. Once thighs are parallel to floor, return to start position.
5. Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes.
6. DO NOT allow knees to go past the big toe or deviate medially or laterally throughout movement. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

Hack Squat (barbell)



Exercise Description:

Hack Squat (barbell)

Classification:

Quads (free weights)

Instructions:

1. Start position: Grab the bar from behind your ankles. Using the legs, pick up the bar. Stand with feet slighter wider than hip width apart. Back should be straight in a neutral position.
2. Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to “sit back” so that knees stay over the feet.
3. Once thighs are parallel to floor, return to start position.
4. Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes.
5. DO NOT allow knees to go past the big toe or deviate medially or laterally throughout movement. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

Lunge (barbell)



Exercise Description:

Lunge (barbell)

Classification:

Quads (free weights)

Instructions:

- 1) Start position: Stand with feet hip width apart. Place barbell on shoulders.
- 2) Step forward 2-3 feet and lower body forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury.
- 3) Pushing off front foot, return to start position. Continue with same leg or alternate as

prescribed.

4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

5) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.

Rear Lunge (barbell)



Exercise Description:

Rear Lunge (barbell)

Classification:

Quads (free weights)

Instructions:

1) Start position: Stand with feet hip width apart.

2) Step backward 2-3 feet and lower body forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury.

3) Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.

4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

5) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.

Deep Squat (barbell)



Exercise Description:

Deep Squat (barbell)

Classification:

Quads (free weights)

Instructions:

1. Grasp bar with overhand grip (palms forward) and slightly wider than hip width apart. Step under bar and position bar across posterior deltoids at middle of trapezius (as shown). DO NOT rest bar on neck. Lift elbows up, pull shoulder blades together, and lift chest up to create a “shelf” for the bar.
2. Start position: Using the legs, remove bar from rack. Stand with feet slightly wider than hip width apart. Back should be straight in a neutral position.
3. Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to “sit back” so that knees stay over the feet.
4. Once thighs are below parallel to floor, return to start position.
5. Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes.
6. DO NOT allow knees to go past the big toe or deviate medially or laterally throughout movement. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

DB Lunge**Exercise Description:**

DB Lunge

Classification:

Quads (free weights)

Instructions:

- 1) Start position: Stand with feet hip width apart. Grasp DB's hang arms down at sides.
- 2) Step forward 2-3 feet forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury.
- 3) Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.
- 4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.
- 5) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.

Reverse Lunge w/ DB

**Exercise Description:**

Reverse Lunge w/ DB

Classification:

Quads (free weights)

Instructions:

- 1) Start position: Stand with feet hip width apart.
- 2) Step backward 2-3 feet and lower body forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury.
- 3) Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.
- 4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.
- 5) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.
- 6) To increase intensity, grasp DB's in each hand (weight prescribed by trainer).

DB Squat**Exercise Description:**

DB Squat

Classification:

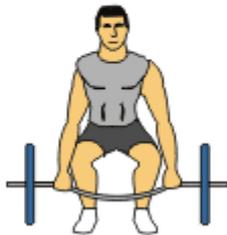
Quads (free weights)

Instructions:

- 1) Grasp DB's and let arms hang down at sides.
- 2) Start position: Stand with feet slightly wider than hip width apart. Knees should be slightly bent.
- 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips

slightly (~5°) during movement. Be sure to “sit back” so that knees stay over the feet.
4) Once thighs are parallel to floor, return to start position.
5) Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes.
6) DO NOT allow knees to go past the big toe or deviate laterally or medially throughout movement. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

Deadlift (trap bar)



Exercise Description:

Deadlift (trap bar)

Classification:

Quads (free weights)

Instructions:

1. Start Position: Assume a shoulder width stance, knees inside arms. Feet flat on floor.
2. Position yourself inside the trap bar and grab bar. Begin pull by extending the knees.
3. Keep angle of your back constant and lift bar straight up. Keep bar close to the body and keep shoulders directly over the center of the trap bar.
4. Return to starting position.

Box Step with Barbell & Knee Drive



Exercise Description:

Box Step with Barbell & Knee Drive

Classification:

Quads (free weights)

Instructions:

1. Stand behind box and place one foot on top of box, heel close to the closest edge. Hold a barbell on your shoulders.
2. Push off the box and explode vertically and drive your other knee up towards your chest. Complete the prescribed number of reps.
3. Repeat with other leg and continue according to prescribed number of repetitions.

Walking Lunge with Barbell



Exercise Description:

Walking Lunge with Barbell

Classification:

Quads (free weights)

Instructions:

- 1) Start position: Stand with feet hip width apart. Place barbell on your shoulders.
- 2) Step forward 2-3 feet forming a 90° bend at the front hip and knee. **DO NOT** allow front knee to extend past the big toe - may cause injury.
- 3) Push body up and move the back foot beside the front foot. Alternate feet and repeat.
- 4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.
- 5) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.

Front Squat to Split Jerk



Exercise Description:

Front Squat to Split Jerk

Classification:

Quads (free weights)

Instructions:

1. Grasp bar with overhand grip (palms forward) and slightly wider than hip width apart. Step under bar and position bar across anterior deltoids. Lift elbows up, pull shoulder blades together, and lift chest up to create a “shelf” for the bar.
2. Start position: Using the legs, remove bar from rack. Stand with feet slighter wider than hip width apart. Back should be straight in a neutral position.
3. Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to “sit back” so that knees stay over the feet.
4. Once thighs are parallel to floor, explosively return to the upright position and immediately shoulder press the barbell overhead and finish in a split stance.
5. Return to the starting position and repeat.

Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes

Front Squat to Push Press (barbell)**Exercise Description:**

Front Squat to Push Press (barbell)

Classification:

Quads (free weights)

Instructions:

1. Grasp bar with overhand grip (palms forward) and slightly wider than hip width apart. Step under bar and position bar across anterior part of shoulder. Lift elbows up, pull shoulder blades together, and lift chest up to create a “shelf” for the bar.
2. Start position: Using the legs, remove bar from rack. Stand with feet slighter wider than hip width apart. Back should be straight in a neutral position.
3. Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to “sit back” so that knees stay over the feet.
4. Once thighs are parallel to floor, explosively return to the upright position and immediately shoulder press the barbell overhead.
5. Return to the starting position and repeat.

Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes.

Hang Snatch to Overhead Squat



Exercise Description:

Hang Snatch to Overhead Squat

Classification:

Quads (free weights)

Instructions:

Keep torso straight but bent forward at the hips slightly with the bar already at the hips. Explosively raise the barbell by extending the hips, knee and ankle in a “jumping action”.

Keep your elbow pointed out and arm straight.

At maximum height slightly flex the hips then the knees.

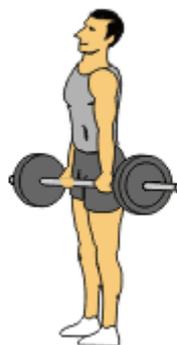
Rotate elbows around and under the barbell. At maximum bar height, fully extend the elbows and lock the barbell overhead.

Catch the barbell by flexing at the knees and hips to absorb the weight and stand to a parallel stance.

Keep this position of the bar overhead and go into a full squat holding the barbell over your head.

Return to the starting position.

Hang Clean to Full Squat (barbell)



Exercise Description:

Hang Clean to Full Squat (barbell)

Classification:

Quads (free weights)

Instructions:

Keep torso straight but bent forward at the hips slightly.
Explosively raise the bar by extending the hips, knee and ankle in a “jumping action”.
Keep your elbows out and shoulders directly above bar as long as possible.
Keep the bar close to the body.
Once you have extended the lower leg shrug your shoulders and at maximum elevation of the shoulders start pulling with the arms.
Keep the elbows high during the pull until the highest point.
Rotate elbows around and underneath the bar.
Rack the bar across the front of the shoulders.
Slightly flex the hips and knees to absorb the weight.
This should be a fluid motion where all the steps flow together.
Now go into a full squat maintaining the barbell on your shoulders.
Return to the starting position.

Hang Clean to Push Press (barbell)



Exercise Description:

Hang Clean to Push Press (barbell)

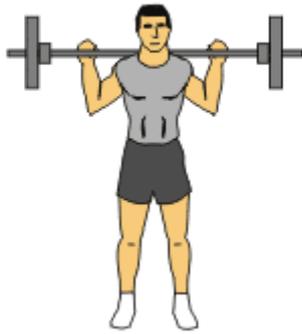
Classification:

Quads (free weights)

Instructions:

Keep torso straight but bent forward at the hips slightly.
Explosively raise the bar by extending the hips, knee and ankle in a “jumping action”.
Keep your elbows out and shoulders directly above bar as long as possible.
Keep the bar close to the body.
Once you have extended the lower leg shrug your shoulders and at maximum elevation of the shoulders start pulling with the arms.
Keep the elbows high during the pull until the highest point.
Rotate elbows around and underneath the bar.
Rack the bar across the front of the shoulders.
Slightly flex the hips and knees to absorb the weight.
This should be a fluid motion where all the steps flow together.
Now go into a semi squat and explode upwards and press the barbell overhead using the momentum from the squat.
Return to the starting position.

Lateral Lunge (barbell)



Exercise Description:

Lateral Lunge (barbell)

Classification:

Quads (free weights)

Instructions:

- 1) Start position: Stand with feet hip width apart. Place barbell on your shoulders.
- 2) Take right foot and step 2-3 feet out to the right side (or the 3 o'clock position). Lean torso forward and sit the right glute back. DO NOT allow lunging knee to extend past the big toe - may cause injury.
- 3) Pushing off lunging foot, return to start position. Continue with same leg or alternate as prescribed.
- 4) Remember to keep head and back in a neutral position. Reaching forward should be performed at the hips and not the low back. Shoulders, hips, and front foot should point forward at all times.

Watch for proper knee alignment - do not let lunging knee extend past big toe or deviate laterally or medially. Opposite leg should remain straight during lunging phase as shown.

Walking Lunge with Dumbbell



Exercise Description:

Walking Lunge with Dumbbell

Classification:

Quads (free weights)

Instructions:

1. Start position: Stand with feet hip width apart. Hold a Dumbbell in each hand.
2. Step forward 2-3 feet forming a 90° bend at the front hip and knee. DO NOT allow

front knee to extend past the big toe - may cause injury.

3. Push body up and move the back foot beside the front foot. Alternate feet and repeat.

4. Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

5. Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.

Box Step with Dumbbell & Knee Drive



Exercise Description:

Box Step with Dumbbell & Knee Drive

Classification:

Quads (free weights)

Instructions:

1. Stand behind box and place one foot on top of box, heel close to the closest edge. Hold a dumbbell in each hand.

2. Push off the box and explode vertically and drive your other knee up towards your chest. Complete the prescribed number of reps.

Repeat with other leg and continue according to prescribed number of repetitions

Overhead Squat (barbell)



Exercise Description:

Overhead Squat (barbell)

Classification:

Quads (free weights)

Instructions:

1) Grasp bar with overhand grip (palms forward) and slightly wider than hip width

apart. Step under bar and hold the barbell in a shoulder press position.

2) Start position: Stand with feet slightly wider than hip width apart. Back should be straight in a neutral position.

3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly ($\sim 5^\circ$) during movement. Be sure to “sit back” so that knees stay over the feet.

4) Once thighs are parallel to floor, return to start position.

5) Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes.

6) DO NOT allow knees to go past the big toe or deviate medially or laterally throughout movement. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

Power Clean to Full Squat



Exercise Description:

Power Clean to Full Squat

Classification:

Quads (free weights)

Instructions:

Starting Position: Grab the barbell with your body is in a bentover stance with your back flat.

Explode up by pushing your feet through the floor keeping the bar close to your legs.

Keep your arms straight and forcefully extend your hips, knees, and ankles.

At the same time shrug your shoulders and at their highest point curl the bar up while forcing your hips forward and support the bar at chest level.

Now go into a full squat and then stand back to an upright position.

Return to starting position and repeat.

Power Clean to Split Jerk



Exercise Description:

Power Clean to Split Jerk

Classification:

Quads (free weights)

Instructions:

Starting Position: Grab the barbell with your body is in a bentover stance with your back flat.

Explode up by pushing your feet through the floor keeping the bar close to your legs.

Keep your arms straight and forcefully extend your hips, knees, and ankles.

At the same time shrug your shoulders and at their highest point curl the bar up while forcing your hips forward and support the bar at chest level.

From this position press the barbell over your head and flex your hips and squat down into a split stance at the same time. Finish with the barbell in an overhead position.

Return to starting position and repeat.

One Leg Squat w/ Plates**Exercise Description:**

One Leg Squat w/ Plates

Classification:

Quads (free weights)

Instructions:

- 1) Stand with feet hip width apart with knees slightly bent and toes pointing forward holding weight plates.
- 2) Start position: Lift one foot off ground and extend leg forward. Extend arms forward at hip level..
- 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly (~5°) during movement. Be sure to “sit back” so that knees stay over the feet.
- 4) Once thigh is slightly above parallel (as shown) return to start position.
- 5) Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

Standing Dumbbell Front Lunge



Exercise Description:

Standing Dumbbell Front Lunge

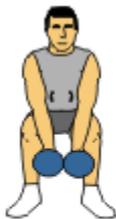
Classification:

Quads (free weights)

Instructions:

- 1) Start position: Stand with feet hip width apart. Grasp DB's hang arms down at sides.
- 2) Step forward 2-3 feet forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury.
- 3) Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.
- 4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.
- 5) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.

Dumbbell Squat and Rotational Swings



Exercise Description:

Dumbbell Squat and Rotational Swings

Classification:

Quads (free weights)

Instructions:

1. Start position: Holding a dumbbell in each hand start in squatted position with dumbbells between legs.
2. Start movement by standing up and keeping arms straight rotate shoulders and trunk towards the left.
3. Return to the starting position and repeat to the other side.
4. Repeat for the prescribed number of repetitions.

Dumbbell Step Up



Exercise Description:

Dumbbell Step Up

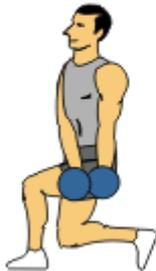
Classification:

Quads (free weights)

Instructions:

1. Stand facing the box. Place right foot on top of box.
2. Raise body using the right foot only until leg is extended
3. Lower to start position. Repeat with other leg according to exercise prescription.

DB Lunge Crossover



Exercise Description:

DB Lunge Crossover

Classification:

Quads (free weights)

Instructions:

- 1) Start position: Stand with feet hip width apart. Grasp DB's and hold out in front of body
- 2) Step forward 2-3 feet forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury. As you are lunging swing dumbbells across body towards the hip.
- 3) Pushing off front foot, return to start position with legs and dumbbells. Continue with same leg or alternate as prescribed.
- 4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

5) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.

Stationary Lunge on BOSU



Exercise Description:

Stationary Lunge on BOSU

Classification:

Quads (free weights)

Instructions:

- 1) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of the foot. Place the other ball on top of a BOSU ball or balance board and balance disc.
- 2) Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Place hands on hips.
- 3) Lower body by bending at right hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor.
- 4) Return to start position.

Dumbbell Double Lunge



Exercise Description:

Dumbbell Double Lunge

Classification:

Quads (free weights)

Instructions:

1. Start by placing your feet shoulder width apart and holding dumbbells at your side.
2. Step forward into a lunge keeping your upper body upright.
3. Return to the starting position and proceed into a reverse lunge with the same leg lunging backwards.

4. Return to the starting position and repeat with the other leg.
5. Continue for the required number of repetitions.

Dumbbell Sumo Squat



Exercise Description:

Dumbbell Sumo Squat

Classification:

Quads (free weights)

Instructions:

1. Start by holding a dumbbell in each hand between your legs. You may also hold just one dumbbell with two hands as well.
2. Your feet should be wider than shoulder width and your toes pointed slightly outward.
3. Proceed to squat down until the dumbbells almost touch the floor.
4. Your hips should drop back and down while your knees stay directly above your feet.
5. Repeat for the required number of repetitions.

Forward Lunge with resistance



Exercise Description:

Forward Lunge with resistance

Classification:

Quads (free weights)

Instructions:

1. Start by holding dumbbells in each hand as well as the handles of a band.
2. The band should be long enough to be draped in front of your shins.
3. Lunge across your body at a 45 degree angle so that while you are lunging your shin

is getting resistance from the band.

4. Return to the starting position and repeat with your other leg.

Split Squat with barbell



Exercise Description:

Split Squat with barbell

Classification:

Quads (free weights)

Instructions:

1. Start by placing a barbell on your shoulders and standing in a split leg position.
2. Slowly lower yourself to the ground by bending your front knee and dropping your back knee to the ground.
3. Once you reach the bottom extend your legs and stand back up.
4. Repeat for the prescribed repetitions and then repeat with the other leg.

Split Squat with dumbbells



Exercise Description:

Split Squat with dumbbells

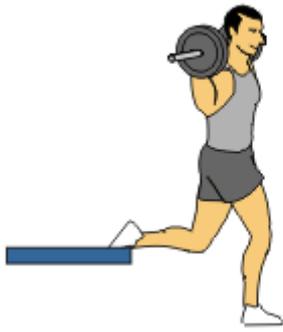
Classification:

Quads (free weights)

Instructions:

1. Start by holding dumbbells at your side and standing in a split leg position.
2. Slowly lower yourself to the ground by bending your front knee and dropping your back knee to the ground.
3. Once you reach the bottom extend your legs and stand back up.
4. Repeat for the prescribed repetitions and then repeat with the other leg.

Barbell Bulgarian Split Squat



Exercise Description:

Barbell Bulgarian Split Squat

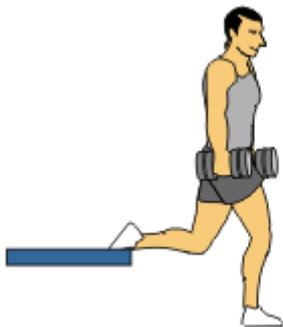
Classification:

Quads (free weights)

Instructions:

1. Start by placing a barbell on your shoulders.
2. Place your back foot on a bench with your other leg out in front of you.
3. Proceed into a squat position by lowering your hips straight down.
4. Return to the starting position and repeat for the suggested repetitions.
5. Repeat with the other leg.

DB Bulgarian Split Squat



Exercise Description:

DB Bulgarian Split Squat

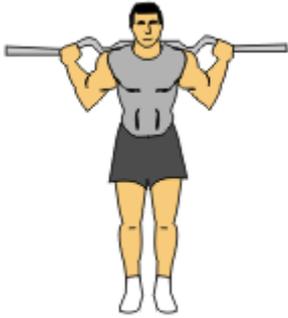
Classification:

Quads (free weights)

Instructions:

1. Start by holding dumbbells at your side.
2. Place your back foot on a bench with your other leg out in front of you.
3. Proceed into a squat position by lowering your hips straight down.
4. Return to the starting position and repeat for the suggested repetitions.
5. Repeat with the other leg.

Barbell Lateral Squat



Exercise Description:

Barbell Lateral Squat

Classification:

Quads (free weights)

Instructions:

1. Stand with your feet shoulder width apart and place a barbell or toning bar on your back.
2. Start by stepping to the right with your right foot and proceed into a squat.
3. Return to the standing position with your feet shoulder width apart.
4. Now step to your left with your left foot and proceed into a squat.
5. Return to the starting position and repeat.

DB press with isometric lunge



Exercise Description:

DB press with isometric lunge

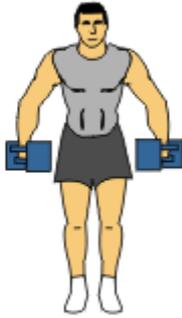
Classification:

Quads (free weights)

Instructions:

1. Start by holding the Dumbbells at shoulder level.
2. Proceed into a lunge position and hold this position throughout movement.
3. While in the lunge position press the dumbbells above your head for the recommended repetitions.
4. You can switch your legs halfway between the set or switch them on your next set.

DB Lateral Squat



Exercise Description:

DB Lateral Squat

Classification:

Quads (free weights)

Instructions:

1. Stand with your feet shoulder width apart and hold onto a dumbbell in each hand.
2. Start by stepping to the right with your right foot and proceed into a squat.
3. Return to the standing position with your feet shoulder width apart.
4. Now step to your left with your left foot and proceed into a squat.
5. Return to the starting position and repeat.

DB squat and press



Exercise Description:

DB squat and press

Classification:

Quads (free weights)

Instructions:

1. Start by holding the dumbbells at shoulder level.
2. Proceed into a squat and when you start to stand up push the dumbbells overhead until fully extended.
3. Bring the dumbbells back down and go into a 1/4 squat. Return to the starting position.
4. Repeat this movement for the recommended repetitions.

DB Deadlift Curl and Press

**Exercise Description:**

DB Deadlift Curl and Press

Classification:

Quads (free weights)

Instructions:

1. Holding dumbbells at your side proceed to squat down into a squat until the dumbbells almost touch the ground.
2. Stand up and curl the dumbbells to shoulder level.
3. Now press the dumbbells up over your head until your arms are extended.
4. Return to the starting position and repeat.

Dumbbell Deadlift Row**Exercise Description:**

Dumbbell Deadlift Row

Classification:

Quads (free weights)

Instructions:

1. Start by holding dumbbells at your side.
2. Squat down until the dumbbells almost touch the ground.
3. Proceed to stand up and stop when your legs are semi straight and your back is at a 45 degree angle.
4. Now pull the dumbbells in towards your waist.
5. Return to the starting position and repeat.

Dynamic Lunge and Curl



Exercise Description:

Dynamic Lunge and Curl

Classification:

Quads (free weights)

Instructions:

1. Start by holding the dumbbells at your side.
2. Lunge forward and down with your left foot.
3. As you stand up curl the dumbbells up to shoulder height. Return to the starting position with the dumbbells.
4. Repeat with the opposite leg until all recommended repetitions are completed.

Isometric Wall Squat with DB Curl



Exercise Description:

Isometric Wall Squat with DB Curl

Classification:

Quads (free weights)

Instructions:

1. Start by sliding down a wall until your thighs are parallel to the ground.
2. Hold this position throughout the set.
3. Curl the dumbbells up to shoulder level.
4. Return to the starting position and repeat.

Rear Lunge with front lateral raise



Exercise Description:

Rear Lunge with front lateral raise

Classification:

Quads (free weights)

Instructions:

1. Start by standing in a shoulder width stance with your feet together. Hold a dumbbell in each hand at your side.
2. Proceed into a reverse lunge and bring your back knee to the ground. While lunging backwards lift your opposite arm forward and up keeping the elbow semi-straight.
3. Return to the starting position and repeat with the opposite arm and leg.
4. To increase the difficulty raise your arm on the same side as the lunging leg.

Walking Lunge Curl and Press



Exercise Description:

Walking Lunge Curl and Press

Classification:

Quads (free weights)

Instructions:

1. Start by lunging forward with the dumbbells at your side.
2. As you stand up from your lunge curl the dumbbells up towards the shoulders.
3. Bring the dumbbells back down to your waist as you go into your next lunge.
4. As you stand up from the second lunge raise the dumbbells up over your head as if you are shoulder pressing them up.
5. Bring them back down to the waist when you lunge down for the third time and

repeat this sequence.

6. Repeat for the recommended repetitions.

Smith Machine Rear Lunge



Exercise Description:

Smith Machine Rear Lunge

Classification:

Quads (free weights)

Instructions:

1. Start by placing the bar on your shoulders in the smith machine.
2. Proceed to step back with one foot into a lunged position.
3. Lunge down until your knee is bent to about 90 degrees.
4. Proceed to stand back up to the starting position.
5. Repeat for the suggested repetitions and then repeat with the other leg.

Smith Machine Single Leg Squat



Exercise Description:

Smith Machine Single Leg Squat

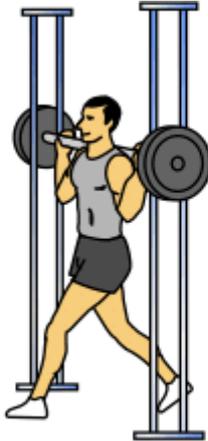
Classification:

Quads (free weights)

Instructions:

1. Start by placing the bar on your shoulders in the smith machine.
2. Proceed to step back with one foot and place onto a box.
3. Lunge down until your knee is bent to about 90 degrees.
4. Proceed to stand back up to the starting position.
5. Repeat for the suggested repetitions and then repeat with the other leg.

Smith Machine Split Squat



Exercise Description:

Smith Machine Split Squat

Classification:

Quads (free weights)

Instructions:

1. Start by placing the bar on your shoulders in the smith machine.
2. Split your stance so that one foot is forward and the other is backwards.
3. Lunge down until your knee is bent to about 90 degrees.
4. Proceed to stand back up to the starting position.
5. Repeat for the suggested repetitions and then repeat with the other leg forward.

