

Quads (resistance bars)

Reverse Lunge



Exercise Description:

Reverse Lunge

Classification:

Quads (resistance bars)

Instructions:

1. Standing straight open the resistance bars as wide as you possibly can at chest level.
2. Extend one leg backward while extending the resistance bars in front of you.
3. Push off your rear leg and bring yourself back to the starting position and repeat with alternate leg.
4. Keep resistance bars open during entire set.
5. Inhale opening resistance bars, exhale lunging and inhale returning to start position.

Forward Lunge



Exercise Description:

Forward Lunge

Classification:

Quads (resistance bars)

Instructions:

1. Standing straight open the resistance bars as wide as you possibly can at chest level.
2. Extend one leg forward and extend the resistance bars in front of you.
3. Push off your front leg and bring yourself back to the starting position and repeat with alternate leg.

- 4, Keep resistance bars open during entire set.
5. Inhale opening resistance bars, exhale lunging and inhale returning to start position.

One Legged Squat



Exercise Description:

One Legged Squat

Classification:

Quads (resistance bars)

Instructions:

1. Open the resistance bars at your chest, place one foot in the air and slowly lower yourself on one leg until your buttocks touches your heel.
2. Raise yourself up and repeat.
3. Inhale opening resistance bars, exhale slowly while lowering and inhale while rising.

Squats



Exercise Description:

Squats

Classification:

Quads (resistance bars)

Instructions:

1. Begin with feet pointing straight ahead shoulder-width apart. Open the resistance bars at your chest.
2. Keeping your back straight, squat while lowering arms with open resistance bars until your thighs are parallel to the floor with arms locked out.
3. With one fluid motion rise extending arms outward, bring arms to chest and repeat.
4. Inhale opening resistance bars, exhale lowering and inhale rising.

Wall Chair



Exercise Description:

Wall Chair

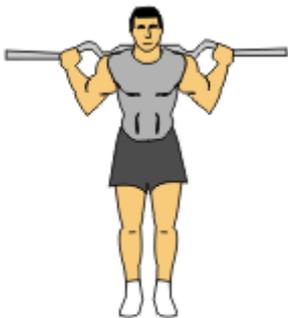
Classification:

Quads (resistance bars)

Instructions:

1. Find a tree or a wall and place your back against it as if you're sitting on a chair.
2. Open the resistance bars as wide as you possibly can, extend them forward and return them to your chest.
3. Hold your legs in this position for a set period of time (i.e., one set for one minute, next set two minutes, third set three minutes.)
4. Inhale opening resistance bars, exhale extending and inhale returning.

Barbell Lateral Squat



Exercise Description:

Barbell Lateral Squat

Classification:

Quads (resistance bars)

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.

