

Quads (Toning Bar)

Dynamic lunge with toning bar



Exercise Description:

Dynamic lunge with toning bar

Classification:

Quads (Toning Bar)

Instructions:

- 1) Start position: Stand with feet hip width apart. Place toning bar on your 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.

Forward lunge with toning bar



Exercise Description:

Forward lunge with toning bar

Classification:

Quads (Toning Bar)

Instructions:

- 1) Start position: Stand with feet hip width apart. Place toning bar on your 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.

Front squat with toning bar



Exercise Description:

Front squat with toning bar

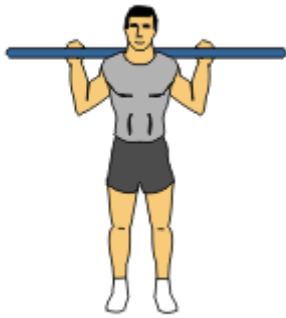
Classification:

Quads (Toning Bar)

Instructions:

- 1) Grasp bar and place on the front of your shoulders and cross your arms over the bar to secure it in place.
- 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 (~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 medially or laterally throughout movement. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

Side lunge with toning bar



Exercise Description:

Side lunge with toning bar

Classification:

Quads (Toning Bar)

Instructions:

1. Start by placing a toning bar on your shoulders and assuming a shoulder width stance.
2. Step laterally to the side and lower your hips so that your left hip is behind your left foot and knee.
3. Lunge down like you are going to sit in a chair.
4. Return to the starting position and repeat to the other side.

Stationary lunge with toning bar



Exercise Description:

Stationary lunge with toning bar

Classification:

Quads (Toning Bar)

Instructions:

1. Stand with a lunge stance and place one hand on the end of a toning bar for support.
2. Proceed to lunge down until your back knee almost touches the floor.
3. Keep your body weight shifted toward your front leg and return to the starting position.
4. Repeat for prescribed repetitions and then complete with the other leg.

Toning bar squat



Exercise Description:

Toning bar squat

Classification:

Quads (Toning Bar)

Instructions:

- 1) Grasp bar with overhand grip (palms forward) and slightly wider than hip width apart.
- 2) Start position: 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.

Front squat with shoulder press using toning bar



Exercise Description:

Front squat with shoulder press using toning bar

Classification:

Quads (Toning Bar)

Instructions:

1. Start by holding a toning bar at shoulder level with a parallel stance.
2. Proceed down into a squatted position until your thighs are parallel with the ground.

3. As you squat back up start to shoulder press the bar above your head.
4. Use the momentum from your squat to help extend the bar overhead.
5. Return to the starting position and repeat.

Dynamic Crossover Lunge



Exercise Description:

Dynamic Crossover Lunge

Classification:

Quads (Toning Bar)

Instructions:

1. Start by holding a toning bar in front of you and standing with your feet parallel.
2. Step forward and across your body with your right leg. Proceed to drop your hips into a lunge position and keep your chest and toning bar facing the same direction as your lunging foot.
3. Return to the starting position and repeat for prescribed repetitions.
4. Repeat with the other leg.

Sissy Squat with Toning Bar



Exercise Description:

Sissy Squat with Toning Bar

Classification:

Quads (Toning Bar)

Instructions:

1. Start by anchoring your feet into any apparatus.
2. Holding the toning bar above your head squat down until your upper thighs reach parallel.
3. Return to the standing position keeping the bar above your head.
4. Repeat for the suggested repetitions.

Sissy Squat with toning bar 2



Exercise Description:

Sissy Squat with toning bar 2

Classification:

Quads (Toning Bar)

Instructions:

1. Start by anchoring your feet into any apparatus.
2. Holding the toning bar above your head squat down until your upper thighs reach parallel.
3. As you return to the standing position bring the bar down and in front of you.
4. Return to the starting position and repeat for the suggested repetitions.