

Training

My Favorite Quadriceps Routine

Beginners* (for those with no experience or less than 3 months of training)

Leg Extension	1 X 25-30** 3 X 10
Leg Press	3 X 10
Hack Squats	3 X 10

*train back once a week. Rest 1 minute in between sets

** this is a warm up set

Intermediate* (for those with 6 months to 1 year of training)

Leg Extension	1 X 25-30** 3 X 10
Smith Machine Squats	3 X 10
Leg Press	3 X 10

*train back once a week. Rest 1 minute in between sets

** this is a warm up set

Advanced* (for those with more than 1 year of training)

Leg Extension	1X 25-30**
Squats	4 X 6-10^
Hack Squats	4 X 6-10^
Lunges	3 X 10 (each leg)
Leg Extension(single leg)	2 X 15 (each leg)

*train quads once a week. Rest 1-2 minute in between sets

** this is a warm up set

^ pyramid sets- start with a weight that uses lighter weight but encompasses many reps. Then as you move onto the next set and so on, you use heavier weight and perform fewer reps