

Quadriceps (Quads)

SQUATS

Squats work the thighs and buttocks as well as the lower leg muscles, abdominals and lower back as they are used for balance. Performing the exercise with hand weights increases the intensity and with a barbell over the shoulders builds mass.

- Stand with your feet hip-width apart, knees slightly bent. Keep your back straight and place your hands on your hips
- Bend your knees to 90° and allow your body to lean forwards slightly until it is at right angles to your thighs. Take care to keep your heels on the floor and not to let your knees come over your toes

BENCH CROSSOVER

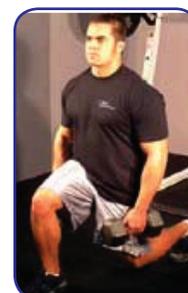
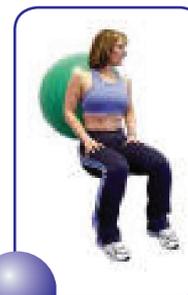
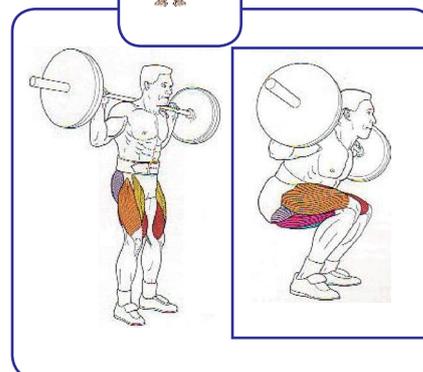
This exercise uses the weight of your body as resistance and builds dynamic strength in the legs. Make sure your knees do not have to bend to less than 90° when you step on to the bench. Hand weights can be used once technique is mastered.

- Stand sideways on a bench with arms loose by your sides. Place one foot on the bench. Use that leg to pull yourself on to the bench
- Transfer your body weight on to the other leg, and slowly lower the opposite leg down on to the floor. When that foot touches the floor, pull yourself back on to the bench and repeat

LUNGE

A demanding exercise, the lunge can give you wonderfully toned inner thighs and buttocks. Hold hand weights to make it more challenging.

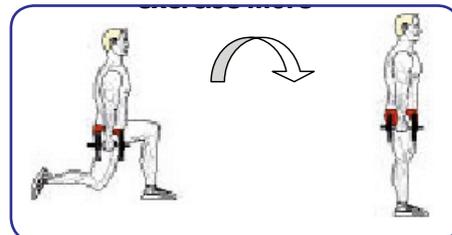
- Place one foot forward about one stride-length apart from the back leg. Keep your hips facing straight ahead and your arms loose by your sides. Keep your body upright and your abdominals firm
- Bend your knees to bring your front knee directly over your front foot (not beyond it). Put your weight on to the heel of your front foot to work the buttocks muscle most effectively. Return to start position



POWER LUNGE

This is a more dynamic version of the lunge, but the movement should still be steady and controlled.

- Stand with arms loose by your sides. Holding weights makes the exercise more advanced
- Step forwards about one stride length from the back foot, making sure that your knee does not bend further forwards than your toes. As you do so, lower your body down, then spring back up to the starting position, pushing through with the heel of your front foot. Do not allow your body to waiver



SINGLE LEG SQUAT

This is one of the most intensive leg exercises that you can do and really strengthens the stabilising muscles of the inner and outer thigh. It should only be attempted by regular or advanced exercisers.

- Stand with feet hip width apart and legs slightly bent. (Hold a medicine ball to your chest if available). Keeping your leg straight, raise it so that your heel is about 8-13cm off the ground
- Keeping your back straight, lower yourself down as if sitting in an imaginary chair. Control the movement with your supporting leg, which should not be allowed to bend to less than 90° at the back of the knee

For advice on any of the exercises mentioned in this article please ask one of the Team.

