

# MAX

SPORTS & FITNESS

## JENNIFER NICOLE LEE

Shares Her  
Fit Mom Workout

## DON'T BLOW YOUR DIET

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Explained

Just For Men:

## RIPPED QUADS

In 8 Weeks

PLUS:  
**FLAX SEED**  
Why You Need It

# SHRED YOUR QUADS IN 8 WEEKS

By John Platero, CPT, RTS

**O**ur bodies are made up of muscles or pulleys that attach to rigid bones or levers. This system gives us our ability to move or what some refer to as bio-locomotion. In my humble opinion, the main reason we have this system was to obtain food or prevent us from becoming food.

The quadriceps could be argued to be the most powerful muscle group in the body. The quadriceps are located in the anterior portion of the thigh and referred to as the extensor compartment. The quadriceps muscles primarily extend or straighten the leg. This group of muscles contract every time we take a step and much more forcefully when we need to run or sprint.

The muscles are rectus femoris, vastus intermedius, vastus lateralis and vastus medialis. All four muscles have a common insertion on the tibial tuberosity (a bump on the front of your tibia) via the patella (the kneecap) and the patellar ligament. What that means is, all four of these muscles always act together to perform the motion of knee extension.

Therefore, you can't work your outer thigh without working your inner thigh unless you were injured. If you were, whichever side was injured would hurt so much you wouldn't be able to straighten your knee anyway. Hence, if you use the seated abduction machine or a standing hip machine to work your "outer" thigh, then you would be wasting your time. If you're not performing a motion that resists your ability to straighten or extend your knee then you couldn't be working your quadriceps anyway.

OK. Enough anatomy.

Although the quadriceps are very strong, this ▶▶



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muscle group also has the ability for endurance as well, otherwise how would thousands of people be running marathons or ultra-marathons?

This article is about the quads, but you'll find I'm recommending training the hamstrings as well. This is for over-all body symmetry and quad-to-hamstring strength ratio. Shredded quadriceps won't do much good if you were to blow out

your knee or back in the process.

When reading the workouts below, note that TUT stands for Time Under Tension. For example, a 4-2-2-1 tempo translates into: 4 seconds on the way down (the negative or eccentric phase), a 2-second hold, 2 seconds on the way up (the positive or concentric phase) and a 1-second hold at the top.

Below is an 8-week program that will shred your quads. **MS&F**

### WEEK 1-4

EXERCISES	SETS	REPS	TUT
Back Squats	4-6	12-6	4-1-2-1
Stiff Legged Dead Lifts	4-6	10-4	4-0-2-1
Leg Press <sup>1</sup>	4-6	12-6	4-1-2-1
Standing Leg Curls	4-6	10-4	3-0-2-1
Knee Extension <sup>2</sup>	4	12-6	2-1-2-1
Prone Leg Curl	4	10-4	3-0-2-1

<sup>1</sup>Pyramid the sets and reps. Start with the greatest amount of repetitions, add weight and then perform the lower amount of repetitions.

### WEEK 4-8

EXERCISES	SETS	REPS	TUT
Dumbbell or Weighted Vest Alternating Leg Squats <sup>3</sup>	4	50 each leg	2-1-2-1
Standing Single Leg Curls	4	15	2-0-1-1
Squats	4	50	2-1-1-0
Prone Leg Curls	4	15	2-0-1-1
Leg Press	4	50	2-0-1-1
Multi-Hip w/ Straight Leg <sup>4</sup>	4	25	2-0-1-1
Lunges <sup>5</sup>	4	50 each leg	1-1-1-1

### KEEP IN MIND ...

<sup>1</sup>If you are using free weights and a 45-degree leg press, you are actually lifting 71 percent of the weight. Although the weight or foot plate may travel 12 inches, the weight has only traveled .7 feet vertically against gravity.

<sup>2</sup>Always elevate the foot pad as high as you can comfortably to perform the exercise because of the sheering forces on the ACL ligament.

<sup>3</sup>Lower yourself equally with both legs, pause at the bottom for a second, then shift your weight to just one leg, raising your body one leg at a time.

<sup>4</sup>Perform hip extension on the multi-hip with good posture.

<sup>5</sup>These are stationary lunges; perform all 50 reps on the one leg before changing to the opposite leg.