

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

THE ABSOLUTE BEST QUAD EXERCISES



Do the following workout once per 7 days for the next 8 weeks, and I think you'll be very happy with the results:

Barbell Back Squat

Warm up and 2 sets of...

- ✓ Men/Experienced Women: 4 to 6 reps (~85% of 1RM)
- ✓ Inexperienced Women: 8 to 10 reps (70 to 75% of 1RM)

Barbell Front Squat

- ✓ Men/Experienced Women: 4 to 6 reps (~85% of 1RM)
- ✓ Inexperienced Women: 8 to 10 reps (70 to 75% of 1RM)

Dumbbell/Barbell Step-Up

2 sets of...

- ✓ Men/Experienced Women: 4 to 6 reps (~85% of 1RM)
- ✓ Inexperienced Women: 8 to 10 reps (70 to 75% of 1RM)

Leg Press

2 sets of...

- ✓ All: 8 to 10 reps

That's it. And trust me – it's harder than it looks.

A few odds and ends:

- ✓ Once you hit the top of your rep range for one set, move up in weight.
- ✓ For instance, if you get 6 reps with, let's say, 235 pounds on your back squat, add 5 pounds to each side of the bar for your next set.

- ✓ If, on the next set, you can get at least 4 reps with 245 pounds, that's the new weight you work with until you can squat it for 6 reps, move up, and so forth.
- ✓ If you get 3 or fewer reps, reduce the weight added by 5 pounds (240 pounds) and see how the next set goes.
- ✓ If you still get 3 or fewer, reduce the weight to the original 6-rep load and work with that until you can do two 6-rep sets with it, and then increase.
- ✓ Rest 3 minutes in between each 4-to-6-rep set and 1 minute in between 8-to-10-rep sets.

*Yes, this is going to feel like a lot of standing around, but resting properly is a hugely important part of heavy weightlifting. This is the time where your muscles recoup their strength so you can give maximum effort each set.

- ✓ Make sure you're eating enough food.

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