

Quads 2	Exercise	Rest Between Sets	Sets	Reps	Note
	Warm-Up (Leg Extension)		1 set	15	Get those knees warmed up.
1	10-count Leg Extensions	30 seconds	3 sets	10	5 counts up, 5 counts down. All the way up. No cheating
2	Leg Press	1 minute	4 sets	15,15, 15,50	Add weight each set. Go back to the lowest weight on the last set for 50 reps. (ex. 135, 225, 315, 135)
3	10 count Hack Squat	30 seconds	3 sets	12	5 counts down, 5 counts up. No cheating
4	Lunges	30 seconds	4 sets	Back & Forth	Go down the hall for one set. Body weight or challenge yourself by holding dumbbells.
5	Calf Raise	30 seconds	3 sets	15	Any calf exercise of your choice.