

Quads 1	Exercise	Rest Between Sets	Sets	Reps	Note
	Warm-Up (Leg Extension)		1 set	15	Get those knees warmed up.
1	Leg Press	1 minute	3-4 sets	15, 15, 12, ?	Add weight each set. Do as many as you can on the last set. Challenge yourself.
2	Smith Squat	45 seconds	3 sets	15	Remember to step forward and lean back so you are 90 degrees when you come down.
3	Hack Squat	45 seconds	3 sets	15	Keep your feet up high and do not let your knees pass up your toes
4	Leg Extension	30 seconds		10 Reps + 5 Resist ance Reps 4	Go heavier on the resistance reps or have a friend push the bar for you.
5	Calf Raise	30 seconds	3 sets	15	Any calf raise of your choice

*Resistance Reps = hold at the top part of the motion