

## Quads (bodyweight)

### Squat Jump



#### **Exercise Description:**

Squat Jump

#### **Classification:**

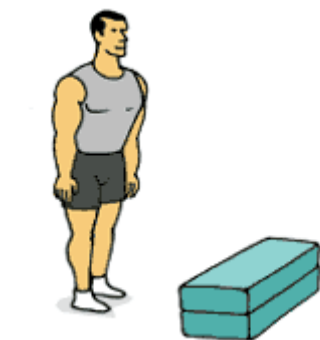
Quads (bodyweight)

#### **Instructions:**

- 1) Stand with feet shoulder-width apart, trunk flexed forward slightly with back straight in a neutral position.
- 2) Arms should be in the “ready” position with elbows flexed at approximately 90°.
- 3) Lower body where thighs are parallel to ground.
- 4) Explode vertically and drive arms up.
- 5) Land on both feet and repeat.

Prior to takeoff extend the ankles to their maximum range (full plantar flexion) to ensure proper mechanics.

### Single Leg Bound to Box



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#### **Exercise Description:**

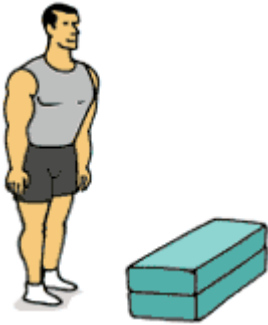
Single Leg Bound to Box

#### **Classification:**

Quads (bodyweight)

**Instructions:**

1. Assume a stance with your feet parallel and shoulder width apart.
2. Explode up using one foot onto the box by pushing off the forward foot. Other leg should be driven up to help clear the box.
3. Land on opposite foot and repeat according to prescribed repetitions.

**Lunge onto Box****Exercise Description:**

Lunge onto Box

**Classification:**

Quads (bodyweight)

**Instructions:**

- 1) Start position: Stand with feet hip width apart. Place hands on waist or out to sides for stability.
- 2) Step forward 2-3 feet and place foot onto a box 12-24" high.
- 3) Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.
- 4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

**Squat Jump****Exercise Description:**

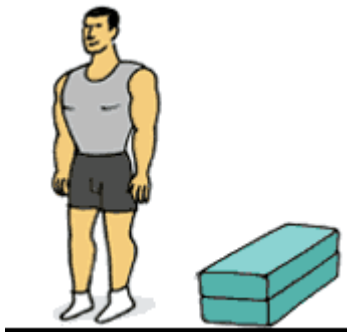
Squat Jump

**Classification:**

Quads (bodyweight)

**Instructions:**

- 1) Stand with feet shoulder-width apart, trunk flexed forward slightly with back straight in a neutral position.
- 2) Arms should be in the “ready” position with elbows flexed at approximately 90°.
- 3) Lower body where thighs are parallel to ground.
- 4) Explode vertically and drive arms up.
- 5) Land on both feet and repeat.
- 6) Prior to takeoff extend the ankles to their maximum range (full plantar flexion) to ensure proper mechanics.

**Lateral Lunge on Box****Exercise Description:**

Lateral Lunge on Box

**Classification:**

Quads (bodyweight)

**Instructions:**

Start position: Stand with feet hip width apart. Place hands on waist or out to sides for stability.

Step laterally 2-3 feet and place foot onto a box 12-24” high. Bend knee into a lunge. Pushing off foot, return to start position. Continue with same leg or alternate as prescribed.

Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

**Lateral Step Down**

**Exercise Description:**

Lateral Step Down

**Classification:**

Quads (bodyweight)

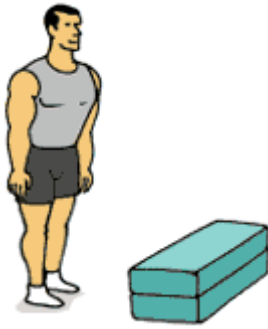
**Instructions:**

Start position: Stand with feet hip width apart. Place hands on waist or out to sides for stability.

Step laterally 2-3 feet and place foot down onto ground. Bend knee into a lunge.

Pushing off foot, return to start position. Continue with same leg or alternate as prescribed.

Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

**Lunge onto Box****Exercise Description:**

Lunge onto Box

**Classification:**

Quads (bodyweight)

**Instructions:**

1) Start position: Stand with feet hip width apart. Place hands on waist or out to sides for stability.

2) Step forward 2-3 feet and place foot onto a box 12-24" high.

3) Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.

4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

**Step Downs**

**Exercise Description:**

Step Downs

**Classification:**

Quads (bodyweight)

**Instructions:**

Start position: Stand with feet hip width apart. Place hands on waist or out to sides for stability.

Step forward 2-3 feet and place foot down onto ground. Bend knee into a lunge.

Pushing off foot, return to start position. Continue with same leg or alternate as prescribed.

Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

**Barbell Box Step Up****Exercise Description:**

Barbell Box Step Up

**Classification:**

Quads (bodyweight)

**Instructions:**

1. Stand facing the box with a barbell on your shoulders. Place right foot on top of box.
2. Raise body using the right foot only until leg is extended
3. Lower to start position keeping the foot on top of box. Repeat with other leg according to exercise prescription.

**One Leg Squat**



**Exercise Description:**

One Leg Squat

**Classification:**

Quads (bodyweight)

**Instructions:**

- 1) Stand with feet hip width apart with knees slightly bent and toes pointing forward.
- 2) Start position: Lift one foot off ground and extend leg forward. Extend arms forward at hip level..
- 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly ( $\sim 5^\circ$ ) during movement. Be sure to “sit back” so that knees stay over the feet.
- 4) Once thigh is slightly above parallel (as shown) return to start position.
- 5) Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

**One Leg Box Step Up**



**Exercise Description:**

One Leg Box Step Up

**Classification:**

Quads (bodyweight)

**Instructions:**

1. Stand to the right of the box. Place left foot on top of box.
2. Raise body using the left foot only until leg is extended
3. Lower to start position keeping the foot on top of box. Repeat with other leg according to exercise prescription.

## One Leg Squat w/ Plates



### Exercise Description:

One Leg Squat w/ Plates

### Classification:

Quads (bodyweight)

### Instructions:

- 1) Stand with feet hip width apart with knees slightly bent and toes pointing forward holding weight plates.
- 2) Start position: Lift one foot off ground and extend leg forward. Extend arms forward at hip level..
- 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly ( $\sim 5^\circ$ ) during movement. Be sure to “sit back” so that knees stay over the feet.
- 4) Once thigh is slightly above parallel (as shown) return to start position.
- 5) Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

## Tuck Jump



### Exercise Description:

Tuck Jump

### Classification:

Quads (bodyweight)

### Instructions:

1. Stand with feet shoulder-width apart, knees slightly bent, with arms at sides.

2. Jump up bringing knees up to chest.
3. Land on balls of feet and repeat immediately.
4. Remember to reduce ground contact time by landing soft on feet and springing into air.

### **Squat Jump**



#### **Exercise Description:**

Squat Jump

#### **Classification:**

Quads (bodyweight)

#### **Instructions:**

- 1) Stand with feet shoulder-width apart, trunk flexed forward slightly with back straight in a neutral position.
- 2) Arms should be in the “ready” position with elbows flexed at approximately 90°.
- 3) Lower body where thighs are parallel to ground.
- 4) Explode vertically and drive arms up.
- 5) Land on both feet and repeat.

Prior to takeoff extend the ankles to their maximum range (full plantar flexion) to ensure proper mechanics.

### **Alternating Split Squat**



#### **Exercise Description:**

Alternating Split Squat

#### **Classification:**

Quads (bodyweight)

#### **Instructions:**



- 1) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of back foot.
- 2) Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Place hands on waist.
- 3) Lower body by bending at right hip and knee until thigh is parallel to floor then immediately explode vertically.
- 4) Switch feet in the air so that the back foot lands forward and vice versa.
- 5) Prior to takeoff extend the ankles to their maximum range (full plantar flexion) ensure proper mechanics.

### **Single Leg Squat on Disc**



#### **Exercise Description:**

Single Leg Squat on Disc

#### **Classification:**

Quads (bodyweight)

#### **Instructions:**

- 1) Stand with feet hip width apart with knees slightly bent and toes pointing forward.
- 2) Start position: Stand on balance disc and lift other foot off ground and extend leg forward. Extend arms forward at hip level..
- 3) Lower body by flexing at the hips and knees. Upper body can flex forward at the hips slightly ( $\sim 5^\circ$ ) during movement. Be sure to “sit back” so that knees stay over the feet.
- 4) Once thigh is slightly above parallel (as shown) return to start position.
- 5) Remember to keep head and back straight in a neutral position - hyperextension or flexion may cause injury. Keep weight over the middle of foot and heel, not the toes. Keep abdominals tight throughout exercise by drawing stomach in toward spine.

### **One legged squat with bar**



**Exercise Description:**

One legged squat with bar

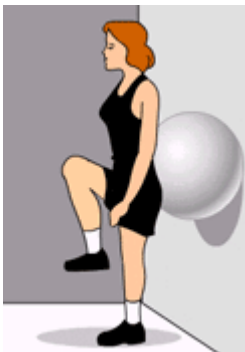
**Classification:**

Quads (bodyweight)

**Instructions:**

1. Set balance bar on its end and hold the other end of the bar.
  2. Pick one leg up off the floor and balance on one foot and your hands with the bar.
  3. While using the bar for balance squat down into a 1/4-1/2 squat.
  4. Return to the starting position and repeat according to the prescribed repetitions.
- Repeat with the other leg.

**1 legged ball squat**



**Exercise Description:**

1 legged ball squat

**Classification:**

Quads (bodyweight)

**Instructions:**

- 1) Place flexaball against wall approximately lower back height.
- 2) Start position: Lean lower back against ball and take approximately one step forward with each foot. Feet should be slightly wider than hip width apart.
- 3) Raise one foot off the ground. Bending at the hips and knees, lower body until thigh is parallel to the ground. DO NOT allow knee to extend past the big toe.
- 4) Return to start position.
- 5) Remember to keep back and head straight in a neutral position.
- 6) Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially.

## Balance Squat on Stability Ball



### **Exercise Description:**

Balance Squat on Stability Ball

### **Classification:**

Quads (bodyweight)

### **Instructions:**

1. Start by placing feet and hands on top of the stability ball.
2. Stabilizing with hands and feet slowly extend your legs and release your hands from the ball until you are in a standing position.
3. Maintaining your balance squat down into a full squat position and then return to the starting standing position.

## Bodyweight Reverse Lunge



### **Exercise Description:**

Bodyweight Reverse Lunge

### **Classification:**

Quads (bodyweight)

### **Instructions:**

1. Start by standing with your feet shoulder width apart.
2. Step back with one foot and bend your knees into a lunged position. Your back knee should come close to touching the ground and your front leg should be bent to about 90 degrees at the knee.
3. Maintain your upright posture throughout the movement.
4. Return to the starting position and repeat. Once repetitions are completed then repeat with the other leg.

## Bodyweight Forward Lunge



### Exercise Description:

Bodyweight Forward Lunge

### Classification:

Quads (bodyweight)

### Instructions:

1. Start by standing with your feet shoulder width apart.
2. Step forward with one foot and bend your knees into a lunged position. Your back knee should come close to touching the ground and your front leg should be bent to about 90 degrees at the knee.
3. Maintain your upright posture throughout the movement.
4. Return to the starting position and repeat. Once repetitions are completed then repeat with the other leg.

## Bodyweight Squats



### Exercise Description:

Bodyweight Squats

### Classification:

Quads (bodyweight)

### Instructions:

1. Start by placing feet shoulder width apart and holding your arms out in front of you.
2. Proceed to squat down like you are going to sit in a chair. Your upper body will lean forward slightly and your hips will shift backwards while going down.
3. Remember to keep your knees from going out in front of your toes while squatting.

4. Repeat according to your required repetitions. If you want to make the exercise more challenging hold your arms at your sides or behind your head.

### **Stationary Bodyweight Lunge**



#### **Exercise Description:**

Stationary Bodyweight Lunge

#### **Classification:**

Quads (bodyweight)

#### **Instructions:**

- 1) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of the foot.
- 2) Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Place hands on hips.
- 3) Lower body by bending at right hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor.
- 4) Return to start position. Alternate or switch to other leg after prescribed reps.
- 5) Remember to keep head back, and hips squared and in a neutral position throughout movement.

### **1 Leg Balance Squat**



#### **Exercise Description:**

1 Leg Balance Squat

#### **Classification:**

Quads (bodyweight)

#### **Instructions:**

1. Start by standing on one leg with the other leg elevated.
2. Bend forward keeping your planted leg semi straight and reach for the ground.

3. Keep your back relatively flat during the exercise.
4. Repeat for the prescribed repetitions and then repeat with the other leg.

### Wall Sit with ball



#### **Exercise Description:**

Wall Sit with ball

#### **Classification:**

Quads (bodyweight)

#### **Instructions:**

1. Place ball against the wall and your lower back.
2. Proceed into a squated position so that your thighs are parallel to the ground.
3. Hold this position for the required number of seconds.
4. Remember to keep your feet flat on the floor and your knees behind your toes.

### Wall Sit



#### **Exercise Description:**

Wall Sit

#### **Classification:**

Quads (bodyweight)

#### **Instructions:**

1. Place ball against the wall and your lower back.
2. Proceed into a squated position so that your thighs are parallel to the ground.
3. Hold this position for the required number of seconds.
4. Remember to keep your feet flat on the floor and your knees behind your toes.

### ABC squat

**Exercise Description:**

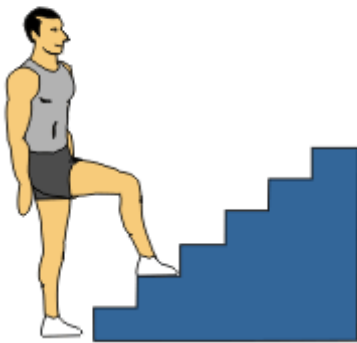
ABC squat

**Classification:**

Quads (bodyweight)

**Instructions:**

1. Start in a squat stance with feet shoulder width apart and your hands in front.
2. Squat down driving the hands and shoulders to the left. The hips will go to the right.
3. Return to the starting position and repeat to the opposite side.

**Stair Climbing (double step)****Exercise Description:**

Stair Climbing (double step)

**Classification:**

Quads (bodyweight)

**Instructions:**

1. Start at the bottom of the stairs and step up two steps at a time.
2. Repeat for the recommended steps or time.

**Bodyweight Lateral Squat**



**Exercise Description:**

Bodyweight Lateral Squat

**Classification:**

Quads (bodyweight)

**Instructions:**

1. Stand with your feet shoulder width apart.
2. Start by stepping to the right with your right foot and proceed into a squat.
3. Return to the standing position with your feet shoulder width apart.
4. Now step to your left with your left foot and proceed into a squat.
5. Return to the starting position and repeat.

**Parial Co-Contraction Lunges**



**Exercise Description:**

Parial Co-Contraction Lunges

**Classification:**

Quads (bodyweight)

**Instructions:**

1. Start in a lunge position.
2. Lower your back leg until your knee touches the floor.
3. Place one hand on the the tear drop muscle just on the inside of your knee.  
Place other hand on the glute of same leg.
4. Now raise your back knee one inch off the floor and you will feel the two muscles contract.
5. This is the starting position. Slowly raise yourself up by extending both legs all the time feeling for the tension in the 2 muscles. the second you lose tension(it likely will not be long) pause and then slowly return to starting position.
6. Repeat for the recommended repetitions.



## Power Jacks



### **Exercise Description:**

Power Jacks

### **Classification:**

Quads (bodyweight)

### **Instructions:**

1. Start in a shoulder width stance with your knees slightly bent.
2. Jump up into the air and spread your legs out into a wide stance and land in this position.
3. Immediately proceed into a squat and then stand back up into a jump to land with both feet at a shoulder width stance.
4. Repeat this movement for the recommended repetitions.

## Single Leg Lateral Hops



### **Exercise Description:**

Single Leg Lateral Hops

### **Classification:**

Quads (bodyweight)

### **Instructions:**

1. Start by standing on one leg with your hands on your waist or at your sides.
2. Proceed to hop to the side while maintaining your balance and hop back to the starting position.
3. You can place a rope on the ground or any object on the ground. The object can be small in size and height or large to increase difficulty.
4. Continuously repeat for the recommended repetitions.

## Bodyweight Sissy Squat



### **Exercise Description:**

Bodyweight Sissy Squat

### **Classification:**

Quads (bodyweight)

### **Instructions:**

1. Start by anchoring your feet into any apparatus.
2. Holding your arms in front of you squat down until your upper thighs reach parallel.
3. Return to the standing position with your arms in front of you.
4. Repeat for the suggested repetitions.

