

# SQUATS ARE KING

The weather is warming up and so are outdoor activities. If your glutes and quads aren't up to display, it's time to increase the intensity of your leg workouts to sport those shorts. For legs that can stop traffic, check out this leg workout!

## 1. FREE WEIGHT SQUATS

This is the king of all exercises, working over 256 muscles in one movement and burning 30% more calories than most exercises. Place the bar across your upper back muscles and not your neck. Keep your head and chest up, with your feet shoulder width apart. Breaking from the hips first, lower the bar until your thighs are parallel to the floor. Look straight ahead to avoid rounding your back. Starting with a light weight to warm up, perform fifteen reps. Increase the weight and the width of your stance (sumo style) for a second set of fifteen. Your heels should remain on the floor with your hips back throughout the movement. If you are pushing from the balls of your feet, unnecessary stress is occurring on your tendons and joints. For set three, take a narrow stance, feet six inches apart. Repeat the pattern for three more sets, increasing the weight and decreasing the reps for a total of six sets.

## 2. DUMBBELL BENCH STEP UPS

This should put the finishing touch on this leg workout. Grasp a pair of dumbbells and step up onto the center of a flat bench. Do fifteen reps on one leg, then switch. It's challenging to maintain posture and balance throughout the movement. Perform two to three sets. Using straps will take some stress off your hands and forearms so you can focus on exercise execution.

Staying in shape for a lifetime means exercise has to be part of who you are, your identity. Make a commitment to yourself, do it for you! Train hard.

Model: Maurizio Francescon



### EXERCISE 1



### EXERCISE 2

