

# Grab & Go Workouts

Presented by the Fitness Centers

A Dig Deep Fitness Quad Obliteration by Jay Forman



Name of Workout:	Quad Quake
Primary Target Area:	Quads
Approximate Time:	60 Minutes
Skill Level:	Advanced

Warm-up: 5 minutes on the bike at a comfortable pace

## Exercise Routine

Exercise	Sets	Reps/Time	Rest Interval	Notes
Leg extensions	1	200		Start with the heaviest weight you can perform for 10-15 reps. Immediately lower the weight and do 15 more, repeating this until you reach 100. Return to original weight and perform 50 partial reps, focusing on stress on the quads. Drop the weight and perform 50 more.
Superset: Landmine squats/ Trap bar squats	3	25 per exercise	60 seconds	Go straight from one exercise to the next.  On landmine squats, lean slightly forward to target quads.
Bulgarian split squat	3	20 reps per leg	60 seconds	Reps 1-10- slow and controlled  Reps 11-20- quick and powerful  After finishing the 20th rep, go to the bottom of the movement and hold for 10 seconds
Giant set: Leg extensions Walking lunges Air squats Jump squats	3	10 per exercise (with a double drop set on extensions)	60 seconds	On leg extensions, perform 10 reps to failure, then drop the weight for 10 more to failure, and repeat for 3rd time. Perform all 4 exercises in succession, then rest 60 seconds before repeating.

Cool Down: 5 minutes on the bike at a comfortable pace (if you can still move the pedals)

Additional Notes: Your muscles don't know the number on the weight, they only know the stress that's being placed upon them. So don't be afraid to use light weight if you need to.

Questions or Comments? Please e-mail [fitness@oswego.edu](mailto:fitness@oswego.edu)



## Sample Diagrams

Leg Extension



Landmine Squat



Trap Bar Squat



Bulgarian Squat

