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What are the best quad exercises? The best quad exercises are undoubtedly on this list, and the great part is, many of them don't require any equipment — they're done through bodyweight! The quadriceps muscles - known as the "quads" - help support hip flexion and extension at the knee joint, allowing you to straighten your knees. Quads are a
highly functional and essential muscle group, and quad workouts are key to maintaining strength and functionality. The quads are made up of four muscles for a challenging, strength below target all four muscles for quads. The Best
Quad ExercisesOur exercise lists are created by determining the best exercises for muscle growth, core strength, and overall health and well-being. Here's our list of the 10 best quad exercises:10. Bodyweight SquatsGreat for:A full-body workout that strengthens the core and lower body. How to do it:Stand with your feet about shoulder-width apart,
and your toes slightly turned outwardKeep your arms at your sides or in front of you Mimic the movement of sitting into a chair by pushing your hips back and your chest up When your thighs are parallel with the ground, pause for one second and then rise back up Repeat as desired Why:Quad-focused exercises are ideal for targeting the legs in an
effective, low-impact movement. The more you'll be able to squat, and the more you'll be able to squat, and the more you'll sculpt the muscles in your legs. Keeping the feet aligned with the knees is important to remember; this prevents strain on the knee joints and tendons. When: Whether you're in the gym, working out at home, at work, or traveling... squats are
possible!9. Step-UpsGreat for:Improving knee stabilization and strengthening the quads, hips, hamstrings, and core. How to do it:Grab a box or other solid surface that is knee-high or slightly lowerTake one step up with your left foot, drive your right
knee up until it's the same height as your hipStep back down from the box, and without losing a beat, step up with your right foot and drive your left knee up Keep alternating knees and feet for as many reps as you want Why:Being a unilateral exercise, step-ups help you focus on a single leg at a time and can even out any muscle imbalances that
occur. This motion activates your lower back muscles to help stabilize the core and upper body, so you'll see an increase in balance over time. When: Thanks to their versatility, step-ups can be completed anywhere with the right equipment to stand on. It doesn't take many reps to get your heart rate pumping and your quads burning, so try to complete
3 to 4 sets of 30 reps. Your quads will be screaming, but that's when champions are made!8. Goblet SquatsGreat for: An exercise for quads that also engages the full body for building muscle and a cardiovascular boost. How to do it:Grab a dumbbell or kettlebell Hold the weight in both hands at your chest, with one hand on either side of the handles
(like you are cupping a goblet) Train your eyes forward and engage your coreHinge your hips back and bend your knees into a squatPress your hips are parallel to your knees, pause, then slowly stand back up Repeat as desired Why: You probably know the health benefits of
cardiovascular exercise, so we won't go too far into it. However, did you know goblet squats check off both boxes... strength training AND cardio? A match made in quad-heaven. Goblet squats train the body to move through a full range of motion without sacrificing form. They're also a compound exercise, meaning they translate easily into movements
we perform daily and increase your strength and endurance. When: Perform goblet squats as a warm-up to get your heart pumping and your muscles awake, or incorporate into your favorite quadriceps exercise for a full-body strength lesson. 7. Lunges Great for: A quad exercise that builds core and leg strength with several effective variations for any
fitness level. How to do it:Stand with your feet hip-width apart and your hands on your hips, or hold a dumbbell in each handStep forward with your feet hip-width apart and your hands on your hips, or hold a dumbbell in each handStep forward with your feet hip-width apart and your hands on your hips, or hold a dumbbell in each handStep forward with your feet hip-width apart and your hands on your hips, or hold a dumbbell in each handStep forward with your feet hip-width apart and your hands on your hips, or hold a dumbbell in each handStep forward with your feet hip-width apart and your hands on your hips, or hold a dumbbell in each handStep forward with your feet hip-width apart and your hands on your hips, or hold a dumbbell in each handStep forward with your feet hip-width apart and your hands on your hips, or hold a dumbbell in each handStep forward with your feet hip-width apart and your hands on your hips, or hold a dumbbell in each handStep forward with your feet hip-width apart and your hands on your hips, or hold a dumbbell in each handStep forward with your feet hip-width apart and your hands on your hips, or hold a dumbbell in each handStep forward with your feet hip-width apart and your hands on your hips, or hold a dumbbell in each handstep forward with your feet hip-width apart and your hands on your hips.
athletes and weightlifters gain strength and mobility, but they're a functional movement that can apply to daily life. As your body moves and changes direction, lunges can help strengthen the muscles with or without weight. When: Lunges are a
powerful addition to any leg or lower body workout. We recommend doing this quad workout 3 times a week. Try to perform 10 lunges on each leg, and add weight if you need to 6. Leg Extensions Great for: Isolating the quads and sculpting muscle definition in the leg muscles. How to do it: Take a seat at the leg extension machine with the pad at the
top of your lower legs, at the ankles. Select a heavy weight, something you are comfortable doing several sets with Rest your hands at your sides, holding the support barsLift the weight using your quad muscles until your legs are almost straight out in frontKeep your knees loose and neutral, and your back straight against the backrestLower the
weight back down to starting positionRepeat as desired Why:For those who try to get their quad burn from other exercises like cycling, leg extensions are one of the best quad exercises for mass that you can do during training. If you want to target the upper
frontal thigh muscle, get on the leg extension machine and start burning it out. When: Hit the leg extension machine three times a week with moderate weight, or go heavy and toss a few drop sets in there for recovery. 5. Bulgarian Split SquatsGreat for: A single-leg unilateral quad workout that trains balance and coordination while engaging the
core. How to do it:Stand a few feet in front of a workout bench with your left foot will help balance when you squat with your right footBend the right knee and let your left leg (on the bench) naturally bend
forward Lower til your right quad is parallel with the groundPush through your right heel to stand back to starting position Complete a set, then alternate resting and working legsRepeat as desiredWhy:Adding split squats to any quadriceps exercise will train more than just the legs, and we love compound exercise! Split squats put a heavy focus on
the quads because they're a single-leg move, requiring the quads to balance and lift while the core keeps them stabilized. Unilateral movements also help train away any muscle imbalances and improve agility strength. When: If you have a workout bench or a sturdy chair, you can perform Bulgarian split squats. Once you've mastered the form, make it
more challenging by holding a kettlebell or an unloaded barbell across the shoulders.4. Leg PressGreat for: Strengthening the quads through heavy lifting and consistency, ideal for any fitness level. How to do it: Rest your feet on the sled of a leg press, mimicking your standard squat stancePress the sled out of the rack and then slowly lower the sled
towards your chest until your thighs are bent past 90 degreesPress the sled back up, pause, then repeatWhy:If you're new to lifting or want to challenge your leg strength but your resilience as well. When:Add this quadriceps exercise to your typical
quad workout. The heavier the weight, the fewer reps you'll be able to perform. If you're focusing on quad exercises for mass, there's nothing better than the leg press. 3. Hack Squats (Machine) Great for: Building quad strength while completing strength training that translates easily into other movements, like lifts and squat variations. How to do
it:Settle on the hack squat machine with your feet low on the foot platform Engage your core and make sure your lower back to a standing position, powering through your quads to the topRepeat as desired Why:To exercise
the quads on a machine, hack squats effectively target the legs while remaining balanced, thanks to the squat machine. Because it balances you, unlike with traditional squats once or twice a week at the gym as part of a leg day routine or quad workout. Barbell
Front SquatsGreat for: Targeting the quads, hamstrings, glutes, and hips while engaging the erector spinae muscles. How to do it: Load the bar on your chest, near your neckGrip the bar with your hands shoulder-width apartLift your elbows forward by placing your fingers underneath and around the
bar for supportEngage your pec muscles to avoid putting pressure on your fingers from holding the barUnrack the barWhy: The
barbell front squat is key to success if you're trying to build quad strength and mass. There are many variations of the squat that you can perform to jack up the quads and get the leg workout you're looking for. Squats focus on strength and mass. There are many variations of the squat that you can perform to jack up the quads and get the leg workout you're looking for. Squats focus on strength and mass. There are many variations of the squat that you can perform to jack up the quads and get the leg workout you're looking for. Squats focus on strength and mass. There are many variations of the squat that you can perform to jack up the quads and get the leg workout you're looking for. Squats focus on strength and mass. There are many variations of the squat that you can perform to jack up the quads and get the leg workout you're looking for. Squats focus on strength and mass. There are many variations of the squats focus on strength and mass. There are many variations of the squats focus on strength and mass. There are many variations of the squats focus on strength and mass. There are many variations of the squats focus on strength and mass. There are many variations of the squats focus on strength and mass. There are many variations of the squats focus on strength and mass. The squats focus of the squats
athletic performance. When: You do need a barbell and may require a power rack for this quadriceps exercise, so either spice up your home gym or head to the gym to complete this exercise. 1. Barbell Back SquatsGreat for: The ultimate leg day workout. Targeting the entire lower body while engaging core muscles and getting your heart rate up. How
to do it:Unrack the bar from the power rack and let it rest on your feet shoulder, behind your headTake a few steps back and stant with your feet shoulder width apartLook down at the floor and move your body down and back, like you're sitting in a chair When your hip creases are below your knees, pause and start to rise up Repeat as
desiredWhy:The best quad exercise is the barbell back squat! As the #1 spot on our list, barbell back squats do it all for the quads, and they're no joke. Squats force us to brace our core, engage our lower body muscles, and contract our back muscles to sustain good posture. Whole-body tension is important to perform squats correctly. Barbell back muscles to sustain good posture.
squats activate nearly every muscle in the lower body while burning calories as you lift. If you're trying to drop a few pounds while building muscles in the gym three times a week. Focus on your form and getting comfortable, then add weight or reps to each set as you gain
strength.FAQs About Quad ExercisesReady to build those jacked quads, but got a few questions first?Here are the answers to some of the most frequently asked questions about quad exercises and what you need to know.Q: Why is it important to workout quads?Strengthening and toning the quad muscles in your legs helps promote movement and exercises and what you need to know.Q: Why is it important to workout quads?Strengthening and toning the quad muscles in your legs helps promote movement and exercises and what you need to know.Q: Why is it important to workout quads?Strengthening and toning the quads muscles in your legs helps promote movement and exercises and what you need to know.Q: Why is it important to workout quads?Strengthening and toning the quads muscles in your legs helps promote movement and exercises and what you need to know.Q: Why is it important to workout quads?Strengthening and toning the quads muscles in your legs helps promote movement and exercises and what you need to know.Q: Why is it important to workout quads?Strengthening and toning the quads muscles in your legs helps promote movement and exercises and what you need to know.Q: Why is it important to workout quads?Strengthening and toning the quads muscles in your legs helps promote movement and the promote movement and the promote muscles in your legs helps promote movement and the promote muscles in your legs helps pro
stability in the knee joints, surrounding tendons, and ligaments for better muscle performance and motion all-around. Strong quads help reduce the risk of knee injuries or muscle strain during daily activities or while exercising.Q: How often should you train your quads?Quads should be trained three times a week.If you are working at a lower
strength to start, you can do full-body workouts and incorporate quadriceps exercises within your workout. If you're lifting heavy and training, quads should be a part of a leg day workout with a primary emphasis on building muscle and mass. Q: How many exercises should I do for quads? Beginners or those trying to build strength should focus on
perfecting form and technique within 3 to 5 exercises per workout. This number allows you to take your furm.Q: How long does it take to build big quads?You'll notice a difference in the appearance and strength of your quad muscles if you're working
them three times a week. For best results, give it three to four months before you evaluate your gains and add weight for more mass.Q: What is the best exercise for quads? The best exercise for quads and other leg muscles while activating
the core, leaving you busted and breathless. Summary In summary, the quads are one of the most important muscles in your body for strength training and daily movement. Toning and strengthening the quads are one of the most important muscles in your body for strength training and daily movement. Toning and strengthening the quads are one of the most important muscles in your body for strength training and daily movement.
you won't regret the work you put in. Once you train your quad muscles with a few of the quadriceps exercises on this list, you'll never skip leg day again. Here's a quick recap of the 10 best quad exercises: Barbell Back Squats Step-
UpsBodyweight SquatsIf you enjoyed this article, check out some of our other exercise lists: What's your favorite quad exercise? Leave a comment below. There's no doubt that big quads make a statement. Thick, chiselled thighs peaking out of your gym shorts or sculpted in your leggings - it's no surprise that quad exercises usually take center stage
in many leg day workouts. But one thing's for sure: Big quads don't come easy. If your goal is to get bigger legs and grow your quads, then it will take some serious hard work and dedication, as well as consistently hitting the gym with the best exercises for quad growth. If you're chasing teardrop quads, we've got the best quad exercises to get you
there: You'll spot some leg day favorites, as well as some lesser-known quad exercises into the ultimate quad pumper. Sometimes all it takes is a slight tweak to your form or a change in foot placement, and you'll feel your quads fire up a whole lot more
than you did before! So, if you're committed to building thick, muscular quads, we hope you've come prepared. These exercises aren't for the faint-hearted - it's time to build those quads. Access the best quad workouts and more on the Gymshark Training App. What Are The Quadriceps? You're probably already well acquainted with the quads. It's hard
to miss that big teardrop muscle on the front of your knee and flex your knee and flex your knee and flex your knee and flex your knee. Vastus Lateralis:
The muscle that gives an envious quad sweep. It's the largest of the four quadricep muscles and is located on the outside of your knee. Vastus Medialis: Connecting your thighbone with your kneecap, the Vastus Medialis and Vastus Medialis.
The Vastus Intermedus helps to extend your knee. Quadriceps AnatomyIf you're looking to grow your quads, the best quad workout will hit all four muscles to build a well-rounded shape on the front of your thighs. Need we tell you that big quads look great? But looks aside, strong quads will boost your numbers across the board when it comes to
compound lifts such as squats, deadlifts, lunges, and sled pushes (Hyrox, anyone?). Strong quads will help soccer players jump higher to get that slam dunk. Big quads are extremely effective at protecting those knees, too, with quad exercises not
only training the quad muscle but the tendons, too, improving stability and function of the knee joint. This carries over to everyday life, too, with quad exercises directly benefitting everyday movements such as walking, standing up, and climbing the stairs. These might sound like simple movements that you don't need to train for, but your older self
will thank you for putting in the work now - and continuing it as you age. Strength training in older age helps to maintain bone density and independence and reduces the risk of osteoporosis [1]. Multiple studies have specifically linked strong quads to lower mortality [2]. By doing quad workouts, you aren't just training for your current self, but your
future self too [3].Last (but not by any means least), big quads look great. We probably didn't need to tell you this one - you know it already. As one of the biggest muscles in our body, the quads are the trophy of the legs that sculpt the front of the thighs. Big quads scream that you've put in work in the gym - framed by your 5-inch Shorts or making
your Legacy Tight Shorts hug you in all the right places... The Best Quad Exercises To Build Big QuadsIf you're wondering how to build big quads, we've got the answer. You likely recognize some of these exercises already, but we're going to give you some small form adjustments or foot placement alternations that transform these into the best
exercises to grow your quads. Quad Focused Squats First up: Squats, and not just any type of squat; we're talking quad-focused squats. Picture this: You're in the bottom position of a squat, and you're about to drive through your heels to extend your legs to drive out of the squat. While the glutes and adductors work to extend the hip joint, it's the
quads that extend the knee. The magic of quad-focused squats lies in shifting this emphasis, making the quads work a whole lot harder to drive out of that bottom squat position! How? We'll take you through it...1. Barbell Front SquatWhen growing your quads is high on you're going to become pretty well acquainted with the front squat
What looks like a small switch from holding the barbell on the back of your body to the front actually results in a massive shift in emphasis. Holding at the hips. The result of this? Some killer quad loading that's guaranteed to burn! Learn how to front squat. Front
Squat Form Tips:Don't load up the barbell with the same weight as your load slowly. Keep your elbows lifted and chest up throughout the movement. Think about trying to keep your elbows pointing forward the
whole time. If you struggle with your front rack positioning, try these mobility exercises. 2. Heel Elevated Goblet Squat - but we've got a little trick for these into a heel-elevated goblet squat - trust us, it's a
winner for big quads. By raising the heels, greater demand is placed on the muscles that extend the knee and less on the hips, requiring less involvement from the glutes but a whole lot more load through the quads. If that's not enough, heel-elevated goblet squats are good for those with limited ankle mobility, reducing the ankle bend required to
reach the full depth. Some gyms have a slant board lying around, which is ideally suited to these quad-focused goblet squats. If not, a regular-size 45-lb plate should do the job (This is the standard elevation height—you can increase it, which will make these even more quad-focused, but it will also place greater pressure through the knees and require
a little more balance!). When you stand on the plate, your stance may be narrower than your normal squat stance - this is fine. Select a kettlebell or dumbbell and stand on the plate, your stance may be narrower than your normal squat stance - this is fine. Select a kettlebell or dumbbell and stand on the plate, resting your heels on the edges and toes on the ground. Then, perform the goblet squat just as you normally would without the plate. 3. Hack SquatsA #GymTok classic
that is guaranteed to build your quads. If you haven't used the hack squat machine before, this one can look a little bit intimidating, but there is absolutely nothing to be scared of here! Front squats and back squats require lots of core recruitment (and even more concentration!) to keep the weight on your back and chest up and to control the
movement the whole time. Hop over to the hack squat machine, and your upper body is supported in place, with little research has been done into the impact of foot placement during the hack squat, but we can take
findings from the leg press, which is a similar exercise, and apply them to the hack squat [4]. To make this one of the best exercises for quad growth, it's recommended to place feet lower on the platform, with a wider stance hitting the inner thighs more, whereas a closer stance works the outer thighs. One thing to watch with these is the 'butt wink'.
As you get to the bottom of the squat, you'll want to watch for any rounding of the lower back and the pelvis tucking under. This can place a lot of stress on the lower back, so if you do spot this happening, don't squat as low and work on some squat mobility exercises. There's a reason this exercise is rapidly rising in popularity. Try a few sets of these,
and you'll quickly understand why it's one of the best squat for quads. 4. Sissy Squat Despite its name, the sissy squat is one of the best quad exercises. When performing this quad-focused squat, you'll lift onto your tiptoes, then drive your knees fully over your toes as you squat down. This removes the hips from the equation, putting full tension
through the quads. We're not sugarcoating anything here: the sissy squat is an advanced exercise. It isn't easy to master, and it's maybe not the most beginner-friendly squat, but if you're feeling brave enough to give it a go, you'll be seeing big quad gains. If you're feeling up for the challenge, a good way to learn the sissy squat is to use a long
resistance band to assist you. Wrap the band around a squat rack at knee height. Facing the rig, loop one leg inside each loop so the band around take some of the load off of your knees. Once you have mastered the banded sissy squat, you can
progress to a bodyweight sissy squat or a smith machine sissy squat. 5. Leg PressGranted, this one isn't a squat, but the leg press works similar muscles to a barbell squat, with added support for your back. This means you can focus fully on working your leg muscles. The leg press may look like a monster of a machine, but up close, it's really not that
scary. As a compound exercise, it works the glutes, hamstrings, and, most importantly for us, the quads are concerned, taking a low foot placement on the footplate will transform the leg press to be an effective quad builder. Using the safety of the machine
to stabilize you through the movement requires a lot of engagement from the stabilizing muscles for this exercise. From a performance side of things, this really works in our favor, allowing you to pile on the load without worrying about the typically weaker stabilizing muscles
letting you down. The leg press provides the ideal opportunity to experiment with single leg work, training to failure, and performing drop sets. Plus, once you've gained confidence, you'll find you can lift heavy on the leg press - and one thing we're sure about is that a heavy load can create big quads! Add this to your next quad workout to create
quads that pop in your Vital Seamless Shorts. Unilateral Quad Exercises Next, onto some unilateral (or single-leg) quad exercises. Adding unilateral training to your quad workouts is a great way to correct any muscle imbalances and ensure equal development of each leg. Plus, it improves balance and core stability, both skills essential for many
compound lifts.6. LungesLunges are a staple leg exercise, but it might not be the first movement you think of if you're searching for the best quad exercises. But with a small tweak to the classic lunge, this movement can be altered from a hamstring and glute builder to one of the best exercises for quad growth. To build your quads using lunges, take a
 will boost muscle growth, so if you want to really build big quads, then start loading up your lunges. The Bulgarian Split SquatsLove them or loathe them, our best quad exercises list wouldn't be complete without this leg builder. The Bulgarian Split squat targets the quads, hammies, and glutes while building unilateral strength and balance. Just like the
leg press, we can make small changes to the setup to make these more of a guad exercise rather than glute-targeted. First, you'll want to take a shorter stance by keeping your front leg, to reduce glute and hip involvement. Finally, make sure your knee tracks
Raising your heel increases the range of motion, bringing the knee into further flexion to place even greater work through the quads. Get confident doing Bulgarian split squats without weights first, then grab one or two dumbbells to up the intensity and really grow your quads. Isolation Quad Exercises Finally, we've got an isolation exercise to really
test and develop your quad muscles in the latter part of your quad workout.8. Leg Extension is pretty much unmatched. You probably know these best as a finisher - and if it's that post-session quad servises, the quads do all the work in the leg extension. If you're looking for maximum quad growth, the effectiveness of the leg extension is pretty much unmatched. You probably know these best as a finisher - and if it's that post-session quad servises.
pump you're after, then these are your exercises! However, the leg extension can also be used earlier in your session. Unlike squats, which tax the whole body throughout the machine. This makes them much easier to recover from, so the leg extension can
be placed more frequently in your quad workouts and with less rest needed between sets. For even more quad activation, perform these using a single leg at a time or add an isometric hold at the extension - if either of those doesn't give you big quads, then we don't know what will! There's no cheating your way out of this one. In an ideal world
training each muscle group twice a week is found to be the sweet spot for muscle growth. This gives enough training volume whilst providing time for rest between workouts [5]. Muscle growth has been found to follow a dose-response relationship in terms of volume, with at least ten sets per muscle group per week leading to greater muscle growth
compared to doing less than ten a week [6]. Taking this into account, you should be doing a minimum of 5 sets of quad exercises per workout (however, if big quads are your
priority, you may do more than this). These findings are generalisations, and ultimately, it's important to remember that how often you train your quads is going to depend on your quads twice a week, with at least two
exercises per workout - at a minimum. You may choose to do 3 or 4 quad exercises per workout if growing your quads is a priority. Always leave enough time between sessions for recovery (at least 48 hours for training the same muscle group) [7]. This varies per exercises, but generally, for quad exercises, you want to emphasise the knee tracking over
the toe, which demands greater involvement of the quads and less from the glutes. This can be applied to squats, sissy squats, and lunges. Raising your heel using a plate or slant board can help with this, particularly if you find ankle mobility a limiting factor. For quad exercises where the feet are placed on a platform, such as
during the leg press or hack squat, you'll want to aim to place your feet lower down on the foot pad to increase knee flexion and reduce hip flexion. This will make these exercises a lot more effective at building big quads rather than the glutes... Time To Hit Your Best Quad WorkoutIf you're looking to size up your Hoochie Daddy Shorts, building
your quads is a guaranteed way to do so (What are Hoochie Daddy Shorts, anyway?). Building big quads is not an easy task, But these quad exercises are guaranteed to grow, tone, and chisel your thighs. The best way to structure your quad workouts? Start with some compound quad exercises to engage multiple muscle groups (front squats, hack
squats, leg press, etc.) before moving on to more focused work in the form of isolation exercises (this is where the leg extension comes into play). This is a great opportunity to add some supersets and pair quad isolation exercises with some hamstring builders (whilst we'd love to just focus on those mirror muscles, we can forget the importance of
building the posterior chain, too!). So, if you're feeling up to the challenge of a quad-focused leg day, download The Gymshark Training App and get ready to hit the gym. Create your own quad workout using the quad exercises above, or access hundreds of pre-made plans expertly programmed by our in-house Gymshark trainers. Download.
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Krieger, J.W. (2017). Dose-response relationship between weekly resistance training volume and increases in muscle mass: A systematic review and meta-analysis. Journal of sports sciences, [online] 35(11), pp.1073-1082. doi: Information On... A Road Map to Effective Muscle Recovery. Building strong, muscular quadriceps is essential for overall leg
development and functional strength. However, not all quad exercises are created equal. In this article, we rank 20 popular quad exercises from best to worst, helping you optimize your leg workouts for maximum growth. To rank these exercises, we used three main criteria: High Quad Tension: The exercise must place high tension on the quads,
especially in the stretched position. Comfort and Safety: The exercise should not cause knee pain and should have a smooth resistance profile. Simple Progression: The quadriceps consist of four heads: Vastus Medialis: Located on the inside, known
as the teardrop muscle. Vastus Intermedius: Positioned in the middle. Vastus Lateralis: Found on the outside. Rectus Femoris: A long, flat head that runs down the middle on top of the other heads. A recent anatomy paper suggested the existence of a potential fifth head, but this doesn't significantly impact training. Reason: Your quads are much
stronger than your shoulders or arms, causing your upper body to fatigue before your quads. Reason: While they burn calories and build explosive power, they are less effective for hypertrophy compared to other exercises. Benefits:
Provides high tension on the quads, especially deep in the squat. Excellent for progressive overload. Proven effectiveness in building massive quads, benefits: Offers consistent tension with less stabilization required. Highly effectiveness in building massive quads. Benefits: Offers consistent tension with less stabilization required. Highly effectiveness in building massive quads.
but with a more natural resistance path. However, availability in gyms can be limited. Benefits: Allows for pushing quads to failure safely without the fear of falling over. Similar movement pattern to the forward bar position, although some may find
the bar position awkward. Benefits: Shifts some tension to the glutes but still offers high quad activation. Effective as long as you squat to a reasonable depth. Benefits: High quad tension, though some machines limit depth. Effective for hypertrophy if you can achieve a deep range of motion. Benefits: Excellent for targeting the rectus femoris.
Controversial regarding knee safety, but no evidence suggests it causes knee issues more than other exercises. Benefits: Provides a deep quad stretch and is accessible without needing a machine. Challenging for beginners and limited in progressive overload options. Benefits: Better for glutes but still offers moderate quad activation. Effective with
shallower steps to target quads more. Benefits: Similar biomechanics to the front squat but limited by how much weight you can hold. Best for beginners or as a high-rep finisher. Benefits: Limited range of motion compared to the 45° leg press, reducing quad tension
Benefits: Better for glutes and overall strength. Offers limited quad activation compared to squats. Benefits: Effective for glutes but less stable and hard to overload, making it less ideal for quad growth. Benefits: High stretch and effective for glutes but unstable and hard to overload, making it less ideal for quad growth. Benefits: High stretch and effective for glutes but less stable and less effective for glutes but less stable and less effective for glutes and less effectiv
for preventing muscle imbalances. Extremely fatiguing and challenging, but excellent for hypertrophy. Highlight exercises like leg extensions and reverse Nordics that target the rectus femoris for balanced quad development. Best Exercises like leg extensions and reverse Nordics that target the rectus femoris for balanced quad development.
your gym lacks a hack squat machine, the high bar barbell back squat is an excellent alternative. Worst Exercise: The Bosu ball squat is the least effective, as its instability reduces quad tension and effectiveness. Facebook X (Twitter) LinkedIn More A lot of bodybuilders spend the majority of their training time working on their pecs, lats, delts, and
arms. Out of four or five weekly workouts, they only train their legs once. Some don't even train their legs at all! That's a shame because your legs make up close to 50% of your total body muscle mass, and a pair of muscular legs can look really impressive. You can hide underdeveloped legs in long pants during the winter. But when summer rolls
around, and it's time to wear shorts, everyone will see you haven't been taking leg training seriously, and long pants in the heat of summer are not a good look. Because leg training is so hard - there is no such thing as an easy leg workout - it makes sense to build your workouts around the best, most productive quad exercises available. After all, why
waste your time and energy on anything that doesn't produce the best quad exercises. Top 15 Quad Exercises to include in your leg workouts? Let us help! Here are TEN of the best quad exercises, all of which are guaranteed to
put mass on your thighs. 1. Barbell front squats are arguably the best quad-building exercise around. All types of squats work your quads, but because of the upright torso and position of the bar, front squats are the most effective choice. Barbell Front Squats are the most effective choice. Barbell Front Squats work your quads, but because of the upright torso and position of the bar, front squats are the most effective choice. Barbell Front Squats work your quads, but because of the upright torso and position of the bar, front squats are the most effective choice. Barbell Front Squats work your quads, but because of the upright torso and position of the bar, front squats are the most effective choice. Barbell Front Squats work your quads, but because of the upright torso and position of the bar, front squats are the most effective choice. Barbell Front Squats work your quads, but because of the upright torso and position of the bar, front squats are the most effective choice. Barbell Front Squats work your quads, but because of the upright torso and position of the bar, front squats are the most effective choice. Barbell Front Squats are the most effective choice. Barbell Front Squats work your quads, but because of the upright torso and position of the bar, front squats are the most effective choice. Barbell Front Squats work your quads are the position of the upright torso and position of the upright torso 
your feet roughly hip-width apart. Push your hips back, bend your knees, and squat down as deeply as you can. Keep your torso upright, look straight ahead, and don't drop your hips back, bend your knees, and squat down as deeply as you can. Keep your torso upright, look straight ahead, and don't drop your hips back, bend your knees, and squat down as deeply as you can. Keep your torso upright, look straight ahead, and don't drop your hips back, bend your hips back, b
hamstrings and glutes Less lower back strain than barbell back squats Good for building muscle mass and strength Easier to dump the bar if you get into trouble and are unable to complete a rep Coach's Tip: Ensure your elbows are pointing straight ahead and not drooping downward during the movement. This helps to keep the barbell in place and
maintains an upright torso, reducing the stress on the lower back. Barbell Front Squats 2. Hack squat machine is a very quad-centric exercise, especially if you adopt a narrow stance. Hack Squat How to do it: Stand on the footplate with your feet
about hip-width apart. Keep your feet low on the platform to maximize quadriceps recruitment. With your shoulders under the pads, bend your knees and squat down as far as you can without lifting your feet low on the platform to maximize quadriceps recruitment. With your shoulders under the pads, bend your knees and squat down as far as you can without lifting your feet low on the platform to maximize quadriceps recruitment. With your shoulders under the pads, bend your knees and squat down as far as you can without lifting your feet low on the platform to maximize quadriceps recruitment. With your shoulders under the pads, bend your knees and squat down as far as you can without lifting your feet low on the platform to maximize quadriceps recruitment.
comfort You can train to failure in relative safety on this exercise Coach's Tip: Keep your feet shoulder-width apart and do not lock your knees at the top of the movement. Maintaining a slight bend in the knees will keep tension on the quadriceps and protect the knee joints. 3. Leg extensions No exercise isolates your quads like leg extensions. With no
movement at your hip, this exercise really hammers the three Vastus muscles, and especially Vastus Medialis, which is especially active during the last few degrees of knee extension. Do this exercise slowly and deliberately, squeezing your legs straight at the mid-point of each rep. And yes, that burning you can feel in your quads is normal! Leg
Extension How to do it: 1. Adjust the backrest so that, when you sit on the machine, your legs and lower the weighten your legs, making sure you achieve full knee extension. Pause for 1-2 seconds with your legs, making sure your feet behind the roller pad, so it's just above your legs, making sure your feet behind the roller pad, so it's just above your legs, making sure you achieve full knee extension. Pause for 1-2 seconds with your legs, making sure your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller pad, so it's just above your feet behind the roller p
back down, but do not let it touch the rest of the stack. That would give you a rest between reps, making this exercise less productive. Benefits: No strain on your lower back The only way to completely isolate your quads Can be done one leg at a time to fix left-to-right strength imbalances Very good for muscle growth and endurance Coach's Tip:
Focus on controlled movement, especially during the eccentric (lowering) phase. Avoid using momentum and ensure that your knees are aligned with your toes throughout the exercise to avoid unnecessary stress on the knee joint. 4. Trap bar deadlifts from a deficit Deadlifts are usually thought of as a posterior chain exercise that works your glutes
hamstrings, and back. While that is true of regular barbell deadlifts, trap bar deadlifts are much more quad-focused. Adding a deficit makes them even better for your quadriceps. Trap Bar Deadlift How to do it: Stand on a 3 to 6-inch platform.
 Squat down and grab the handles of the trap bar. Drop your hips, lift your chest, brace your abs, and straighten your start position, and straigh the down and grab the handles of the trap bar. Drop your hips, lift your chest, brace your start position, and
then repeat. Benefits: No need to use a squat rack A great grip exercise Builds core strength Can be used to build muscle size and strength Coach's Tip: Engage your core and maintain a neutral spine throughout the lift to avoid straining the lower back. Tip: Learn
more about deficit deadlifts. 5. 1 ½ rep prisoner squats While most of the best quad exercises involve equipment, some bodyweight exercises can be just as effective. This simple but tough exercises involve equipment, some bodyweight exercises can be just as effective. This simple but tough exercises involve equipment, some bodyweight exercises involve equipment, some bodyweight exercises involve equipment.
width apart. Clasp your hands behind your head and push your elbows back to open your chest. Push your hips back, bend your knees, and squat down as far as you can without rounding your lebows back to open your chest. Push your heels 2-4
inches to increase quad activation. Benefits: Do this exercise anywhere - even at home Ideal for beginners Easy to learn Very little lower back strain Coach's Tip: During the half-rep portion, ensure you're maintaining tension in your leg muscles and not bouncing or using momentum. This will enhance muscle engagement and improve stability. 6.
Barbell hack squat The barbell hack squat is named after old-school bodybuilder and wrestler George Hackenschmidt, who was famed for his quad development. This golden-era exercise is not easy to master, but it will give your quads a unique workout. George Hackenschmidt How to do it: Stand with your back to a loaded barbell. Your feet should
be roughly shoulder to hip-width apart. Squat down and grab the barbell, so your palms are facing backward. Straighten your legs and lower the weight back to the floor. Raise your heels to make this exercise even more quad-centric. Benefits:
No squat rack required Suitable for home exercisers Builds grip strength You can train to failure in relative safety on this exercise Coach's Tip: Keep the bar as close to your feet, not just the toes. 7. Bulgarian split squats Most leg
exercises work both legs at the same time. This makes a certain amount of sense because that allows you to lift more weight, and that's important for building maximum muscle strength and size. However, always doing two-legged exercises can lead to left-to-right straight and muscle size imbalances. This quad exercise works one leg at a time so you
can avoid or fix this problem. Bulgarian Split Squat How to do it: Stand with your back to a knee-high bench. Bend your legs and lower your rearmost knee to within 1-2 inches of the floor. Keep your body upright. Stand back up and repeat. Hold
dumbbells in your hands to make this exercise harder. Benefits: Good for hip mobility Helps improve balance A good exercise for improved sports performance Coach's Tip: Keep your torso upright and ensure your front knee does not go past your torso upright and ensure your front knee does not go past your torso upright and ensure your front knee does not go past your torso upright and ensure your front knee does not go past your torso upright and ensure your front knee does not go past your torso upright and ensure your front knee does not go past your torso upright and ensure your front knee does not go past your torso upright and ensure your front knee does not go past your torso upright and ensure your front knee does not go past your torso upright and ensure your front knee does not go past your torso upright and ensure your front knee does not go past your torso upright and ensure your front knee does not go past your torso upright and ensure your front knee does not go past your front knee does not go pa
the starting position. Tip: A Complete Guide To Bulgarian Split Squats 8. Leg presses allow you to work your legs to failure in relative safety catchers across to take the weight if you can't complete a rep. This is an ideal exercise for going hard and heavy - even if you
train on your own. Single Leg Press How to do it: Sit on the leg press machine and place your feet on the footrest, roughly hip-width apart. Move your feet down the footrest to emphasize your feet down the footrest, roughly hip-width apart. Move your feet down the footrest to emphasize your feet on the footrest, roughly hip-width apart.
without rounding your lower back and repeat. Benefits: Easy to learn No need for spotters Suitable for building muscle size and do not allow your knees to cave inward during the movement. Ensure a full range of motion without
lifting your hips off the seat. 9. Goblet squats While barbell front squats are one of the best quad builders you can do, they are also hard to master. The front rack position takes practice, and a lot of exercisers find it really uncomfortable too! Goblet
Squat How to do it: Hold a kettlebell by the vertical handles, so it's touching your chest. Tuck your elbows into your sides. Stand with your feet between shoulder and hip-width apart. Brace your heels on weight plates or
blocks to increase quad activation. Benefits: No squat rack required You can train to failure in relative safety on this exercise A good core and posture exercise Coach's Tip: Hold the weight close to your chest and ensure your hips back to engage the
glutes and protect the knees. Tip: Learn how to utilize the Goblet Squat for leg gains. 10. Forward lunges are a hugely underappreciated exercise. That's a shame because they are an excellent quad builder, as well as being good for your glutes and hamstrings too. You can do them with just bodyweight, or with dumbbells or a barbell. Like
Bulgarian split squats, they are useful for preventing and fixing left to right size and strength imbalances. How to do it: Stand with your feet together, hands by your sides. Take a large step forward, bend your feet together, hands by your sides. Take a large step forward, bend your feet together, hands by your sides. Take a large step forward, bend your feet together, hands by your sides. Take a large step forward, bend your feet together, hands by your sides. Take a large step forward, bend your feet together, hands by your sides.
starting position. Do all your reps on one leg before resting and then swapping sides. Experiment with the length of your lunge to get the best effect on your quads. For most people, a shorter step means more quads activation. Benefits: Very low risk of back strain Suitable for building muscle mass and endurance Easy to learn Can be done almost
anywhere Good for developing balance Coach's Tip: Take a big step forward to ensure your front knee does not go past your torso upright and engage your core to maintain stability throughout the movement. 11. Step-Ups with Dumbbells Step-ups are an excellent unilateral exercise for building quad strength and improving balance
Holding dumbbells adds resistance, making this a highly effective lower-body workout. How to do it: Hold a dumbbell in each hand and stand facing a sturdy bench or platform. Bring your trailing leg up, then step down with the same leg. Repeat for the
desired number of reps, then switch legs. Benefits: Great for addressing muscle imbalances between legs. Functional movement that improves balance and general fitness enthusiasts alike. Coach's Tip: Keep your torso upright throughout the exercise to
ensure the quads are fully engaged and avoid leaning forward. 12. Sissy Squats Sissy squats sissy squats isolate the quads by removing hip engagement, providing an intense burn. They can be done using body weight or with assistance for added difficulty. How to do it: Stand tall, holding onto a support for balance if needed. Rise onto your toes and push your
knees forward while leaning your torso back. Lower yourself until your knees are fully bent, keeping your hips high. Push through the balls of your feet to return to the starting position. Benefits: Directly targets the quads with minimal hamstring or glute involvement. Builds strength and endurance through a deep range of motion. Requires minimal hamstring or glute involvement.
equipment, making it accessible anywhere. Coach's Tip: Keep your hips high and focus on bending only at the knees to maximize quad engagement. 13. Cossack Squats are a lateral movement that stretches and strengthens the quads while improving hip mobility and flexibility. How to do it: Stand with your feet wide apart and toes
slightly turned out. Shift your weight to one side, bending your knee while keeping the other leg straight. Lower your hips toward the bent knee, keeping your chest up and strength in the quads and inner thighs. Improves lateral
stability and coordination. Engages stabilizer muscles for better functional fitness. Coach's Tip: Keep your heel on the ground during the movement for better stability and deeper quad activation. 14. Kettlebell Front Rack Squats This squat variation uses kettlebells in a front rack position, emphasizing quad engagement while building core stability.
and improving posture. How to do it: Clean two kettlebells to the front rack position, with handles resting against your shoulders. Stand with your feet shoulder-width apart. Push your hips back, bend your knees, and lower into a squat while keeping your chest up. Drive through your heels to return to standing and repeat. Benefits: Develops quad
enhances quad power and explosiveness, making them ideal for athletic training. How to do it: Start in a lunge position with one foot forward and the opposite leg forward and repeat. Benefits: Builds explosive strength in the quads and glutes
Improves balance, coordination, and athleticism. Great for burning calories and boosting endurance. Coach's Tip: Land softly on the balls of your feet to absorb impact and reduce joint stress. Quadriceps, or quads for short, is the collective term for the muscles on the front of your thighs. It's sometimes called the quadriceps
femoris, which means four-headed thigh muscle. The primary function of the quadriceps is knee extension, i.e., straightening your knees. It's also the only one that crosses both the hip and the knee joints, making it a biaxial muscle. Because
of this, it not only extends the knee joint but due to its function alongside the hip flexors, it also bends the hip flexors are not all the hip flexors.
 extension. Vastus Medialis: Vastus medialis is the teardrop-shaped muscle just above your knee. Like the other muscles, it is responsible for knee extension. It also helps make sure your patella or kneecap tracks and moves properly. Vastus Intermedius: Located between and beneath vastus lateralis and vastus medialis, this muscle is not easy to se
but, when well developed, contributes a lot to the size of your thigh. Despite having four different origin points, the four quadriceps muscles come together to form the single quadriceps tendon and then the patellar ligament. Quadriceps muscles come together to form the size of your thigh. Despite having four different origin points, the four quadriceps muscles come together to form the size of your thigh.
and tips. 1. Always warm-up before your workout A good workout starts with a proper warm-up. This is especially important for quad training because all of the best exercises heavily involve your knees, and sore knees are a common problem for bodybuilders. Start your quad workout with a few minutes of light cardio, followed with some dynamic
lower body stretches. Finally, do a couple of light sets of the exercises in your workout to fully prepare your muscles and joints and also practice the techniques you are about to use. 2. Raise your heels with caution A lot of leg exercises are more quad-centric if you raise your heels, either putting them on weight plates or wooden blocks. However,
while this is an effective muscle-building strategy, it also increases the stress on your knees. Raising your heels tends to shift your weight onto your knees and pushes your shins forward of vertical. This does increase quad activation, but it increases knee wear and tear too. Keep your heels flat on the floor if you have a history of knee pain. Raised Heel
Squats Block Under Heels Squat Weight Lifting Shoes 3. Keep your joints warm with neoprene knee sleeves Even healthy knees can ache during quad training. Neoprene knee sleeves provide support and warmth to keep your knees feeling comfortable, stable, and free from pain. Elasticated knee wraps, which are often used by powerlifters, are not
recommended. They provide extra bounce out of the bottom of things like squats and leg presses. They allow you to lift more weight, but only by doing some of the work for you. Knee wraps are useful for powerlifters but are much less so for bodybuilders. Tip: Check our review of 5 best Knee Sleeves of 2020 4. Use a variety of quad building exercises
Out of all the exercises we've listed, some are probably already your favorites, while there are others you may not have done before. To keep your workouts fresh and interesting, you mustn't just do the exercises you like. It's been proven that variety is a crucial favor for developing strength and muscle mass, as well as boosting training motivation (2).
Make sure you do some of the lesser-known exercises as well as the ones that you are more familiar with. Tom Platz 5. Adjust your reps and weight to match your training goals Get the most from your quad-building workouts by following these weight and rep guidelines. For strength: 1-5 reps with 85-100% of your one-repetition maximum (1RM) For
muscle hypertrophy: 6-12 reps with 67-85% of your 1RM For muscular endurance: 13-20+ reps with 50-67% of your 1RM Frequently Asked Questions? We've got the answers! If you can't find the answers! If you can the answers! If you c
train your legs twice a week but train your quads during one session and your hamstrings in the second. That way, you can give both of these important muscle groups the attention they deserve. For example, train your quads on Monday, and your hamstrings on Thursday. Are squats bad for your knees? Some people - even doctors - think that squats
are bad for the knees, but this isn't true. While squatting with improper technique could lead to injury, done right, squats should actually strengthen your knees. If squats cause you pain, make sure you are doing them correctly. Also, consider using less weight and lifting with a slower tempo. This strategy takes stress off your joints while making sure
there is still enough muscle-building tension. What should I wear for quad training?In a lot of cases, the best shoes for quad training are Olympic weightlifting shoes. They have a solid, slightly raised heel, and won't compress under heavy loads. They are also very hardwearing and provide lots of support. Another good choice is minimalist athletic
shoes such as Chuck Taylors. With minimal cushioning, they won't distort or collapse under heavyweights. The one type of shoe we don't recommend is running shoes are designed to be shock absorbent, and that means they will distort and compress when loaded. The last thing you need when squatting or leg pressing heavyweights is
for your shoes to collapse. If you are serious about quad training, you will really notice the difference when you wear Olympic weightlifting shoes. Otherwise, just ditch your running shoes and wear a pair of flat, un-cushioned sneakers instead. How many quad exercises should I include in my workouts? This is a tricky question to answer because we
don't know how experienced you are. Some lifters do just 1-2 exercises for their quads, but then they do 4-5 sets of each one. Others prefer to do more exercises but fewer sets. Some do lots of exercises as it takes to get results, but not so
many that you are unable to recover from your workouts. Your best bet is to start low and increase gradually after that, monitoring your performance and recovery as you go. The Wrap-up Big quads will really set you apart from other gym-goers. While you may never build thighs like Tom Platz, who had arguably the best quads in the history of
bodybuilding, you should still be able to develop legs you can be proud of. It won't be easy, and you'll have to pay your dues in sweat and even tears in the gym. But, if you commit to using the best quad exercises, you too can build head-turning, show-stopping, awe-inspiring legs. References: Fitness Volt is committed to providing our readers with
science-based information. We use only credible and peer-reviewed sources to support the information we share in our articles. Encyclopedia Britannica: Quadriceps Femoris Muscle PubMed: Baz-Valle, Eneko; Schoenfeld, Brad J.; Torres-Unda, Jon; Santos-Concejero, Jordan; Balsalobre-Fernández, Carlos (2019). "The effects of exercise variation in
muscle thickness, maximal strength and motivation in resistance trained men". PloS One. 14 (12): e0226989. doi:10.1371/journal.pone.0226989. ISSN 1932-6203. PMC 6934277. PMID 31881066. Facebook Twitter Reddit Flipboard LinkedIn Pinterest Jump to:You've heard it a million times before, but still: never skip leg day. Longterm lifters know
that leg exercises are what really separate the men from the boys, and if you're looking to build full body muscle, then it's time to start prioritising your quads. Look, you can still work on your chest and biceps, but if you really want people to know that you have power and strength then there's no better way to show it than with a pair of thick,
muscular quads peeking through your gym shorts. A well-developed lower body tells the world you're doing more in the gym than just benching and curling. Not that quad exercises are only good for aesthetics. A study published in the Journal of Physical Therapy Science found that patients with knee osteoarthritis were able to soothe knee pain and
move more freely if they had stronger quads. Most people work their quads via squats, but there are so many more quad exercises to explore and enjoy. Below, our Fitness Editor Andrew Tracey takes us through 10 of the best, as well as the most effective quad-dominant workouts to get the best out of them. Time to join the quad squad. Getty
Images Knowing the muscles that you're working will help when you feel them burning. Unsurprisingly, your quadriceps, or quads, consist of four muscles. The largest of the four quad muscles, it connects your thighbone to your
kneecap. Vastus Medialis: This muscle's function is to extend your knee joint and help stabilise your knee extension. The Benefits of Training QuadsFor the majority of people, the primary benefits of training quads will make everyday movements -
walking, bending, sitting - easier. But there's a protective element, too, with consistent quad exercises helping improve the stability of your kneecap and strengthening your knee joint from injury. A study published in The Journal of Rheumatology also found that quad exercises can lower your risk of developing knee osteoarthritis and help prevent
degenerative wear and tear. How To Get Bigger Legs Without Lifting WeightsThe individual muscles of the quadriceps total one of the largest muscle groups in the human body, and although the hamstrings get a lot of good press when it comes to sprinting, jumping and lifting, there aren't many movements they'd be able to perform without the
assistance of the quads. The quadriceps are major players in everything from running, jumping, squatting and lunging and even movements where they're not explicitly targeted, such as deadlifts. It's safe to say that strengthening the quads will have a net positive effect on nearly every lower body lift. And, if that's not enough, even upper body lifts
such as the bench press can benefit from bigger quads, as they come into play through 'leq drive' helping to stabilise your trunk during heavy lifts. Aiming for 3 exercises per muscle group in a given workout is a good goal. According to research, 5-10 sets per week per muscle group is effective for muscle group in a given workout is a good goal.
targeting the quads, with 3 sets per exercise. Increasing from there will likely deliver enhanced results, however, the same review found that there are diminishing returns beyond approximately 12-20 sets per muscle group per week. Aim for good quality reps and sets with good form, working within 0-3 reps short of failure at the end of your sets for
the best hypertrophy results. You know why you should be training quads, but what exercises should you be in your programme? Here are 12 of the best. Front SquatsWhy: Back squats get all the press, but by shifting the weight onto the front of our bodies (with either a bar or dumbbells), we can put a greater emphasis on the quadriceps. Switching
from back to front is the guickest change you can make to your training to start seeing guad growth. How: Stand with your feet shoulder-width apart holding a barbell across your arms to support the weight. Taking care to not arch your back, push your
hips back and bend your knees to lower your body until your thighs are parallel to the floor. Drive your heels during a squat is a shortcut to getting more range of motion, especially if you struggle with tight calf muscles.
Heels elevated goblet squats, also known as cyclist squats, allow you to get DEEP, recruiting more muscle fibres in your quads and specifically targeting the vastus medialis, the 'tear drop' muscles on the inside of your thighs. How: Stand tall on a large weight plate or block, around 3-4 inches tall, and make sure your heels are elevated with the balls
of your feet on the floor. Grab a kettlebell and keeping your torso upright and feet close together, squat down until the crease of your hip passes below your knee, and your knees pass over your torso upright and feet close together, squat down until the crease of your hip passes below your knees, and your knees pass over your torso upright and feet close together, squat down until the crease of your hip passes below your knees, and your knees pass over your torso upright and feet close together, squat down until the crease of your hip passes below your knees, and your knees pass over your torso upright and feet close together, squat down until the crease of your hip passes below your knees, and your knees pass over your torso upright and feet close together, squat down until the crease of your hip passes below your knees, and your knees pass over your torso upright and feet close together.
range of motion, but working one leg at a time means we require significantly less weight for the same effect. In fact, high rep sets of front foot elevated split squats often require just a light set of dumbbells, and can even be performed with just your body weight. You'll also increase your stability and improve your knee health. How: Stand tall on a
large weight plate or block and hold dumbbells with straight arms by your chest up at all times, take a step backward with one leg, bending your front knee until the back knee touches the ground. Stand up explosively, pause and repeat with the other leg. Seated Dumbbell Leg ExtensionsWhy: Isolating the muscles of the quads can
be difficult without specific machinery, but by simply holding a dumbbell between your feet whilst siting on a box or a bench you're able to work solely on 'knee extension', the primary function of the quadriceps. High rep sets are a great finisher after squats and lunges for maximum growth. How: Sit on a box or bench, with your back straight and a
dumbbell between your feet. With your knees at a 90 degree angle, extend your legs so that they're straight and parallel with the ground. Ensure that the rest of the body remains stationary. Pause for a second before slowly lowering that you do not go past the 90-degree angle limit. Sissy SquatWhy: A
challenging bodyweight movement that builds powerful quads whilst building core strength and improving balance. This one takes some mastery, but requiring no kit it's a movement that builds powerful quads whilst building core strength and improving balance. This one takes some mastery, but requiring no kit it's a movement that builds powerful quads whilst building core strength and improving balance. This one takes some mastery, but requiring no kit it's a movement that builds powerful quads whilst building core strength and improving balance.
benefits. How: Stand with your feet shoulder-width apart, heels raised on a plate (or simply lift them from the floor) putting your weight through the balls of your feet. Place your hands on your head. Continue bending
at the knees, maintaining your backwards lean, lowering your knees as close to the ground as possible before standing back up explosively. Repeat. Banded Spanish Squats Why: Spanish squats are a great low load alternative if you suffer from knee pain during heavy lifts. The band helps to keep you balanced whilst your shins remain vertical-this
puts a huge emphasis on the guads, and is another good option for really isolating the guads in the absence of a leg extension machine. How: Loop a resistance band around a rack, or set of heavy dumbbells. Step into the band so that it rests around the back of your knees. Take a few steps backwards until you feel strong tension on the band. With
your feet in a narrow stance, push your hips back and drop into a deep squat, pause at the bottom before standing back up explosively against the resistance of the band. Repeat. Front Foot Elevated Reverse LungesWhy: Lunges are an excellent option for building all round leg mass. Just like split squats, by using one leg we're able to half the amount
of weight we need to use for the same stimulus, saving you on wear and tear through the rest of your body. By elevating your front foot with a plate or block, you'll hugely increase the depth of your lunge. More range equals more muscle. How: Stand on a small box, or stack of plates around three-to-four inches from the ground. Take a long step
backwards with one foot until your toes make contact with the ground. Maintaining an upright torso bend at the front knee, slowly lowering until your back knee lightly touches the floor. Drive your weight through your front foot, standing back up explosively. Complete desired reps with one leg, before matching with the other side. Why: Goblet
squats are a super accessible quad burner that you can perform with just a single dumbbell or kettlebell. High rep efforts will also help to build the postural muscles of your upper back, as well as your core. How: Stand tall holding a kettlebell or dumbbell in the goblet position
Keep your torso upright as you push your hips back and bend at the knees, squatting down until the crease of your knee, and your knees pass over your toes. Stand back up explosively and repeat. Lying Leg Extensions Why: More accessible than the sissy squat, the lying leg extension builds strength through a huge range of
motion, but also has enormous mobility benefits. Work on explosively bringing your torso upright but lowering back to the ground under a three-to-four second count. How: Kneel on the ground, with your bum on your heels. Lean backwards and slowly lower your heel towards the ground, with your bum on your heels. Lean backwards and slowly lower your heels. Lean backwards the ground, with your bum on your heels.
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a stretch through your quads, or begin to lose balance, explosively raise yourself back upright, ensuring you maintain a straight line from your knees to your head throughout. Repeat. Aim to progressively increase the depth you reach. Dumbbell DeadliftWhy: Although predominantly an exercise that works your hamstrings, the dumbbell deadlift is still an effective moves that places great emphasis on your quads. How: With your dumbbells on the floor just outside your feet, hinge down and grip them with a flat back and neutral spine. Engage your lats and stand upright, 'pushing the ground away' with your feet, squeezing your glutes at the top. Your arms should be hanging straight throughout this movement, think of them as hooks. Top Tip: Lower the dumbbells down behind your body for an extreme quad bias. Pistol SquatsWhy: The ultimate test of your body will challenge your core, hip flexors, balance and, of

course, quadriceps. Start by learning to get up from a box or bench single legged, before progressing to performing reps supporting yourself on a rack, until you're ready for the full challenge. How: Stand with your feet in a narrow stance and lift one leg off the floor. Bend your standing knee to squat down as low as you can while keeping your back straight. Push back up to the start position through your heel, then switch legs and repeat. That's one rep. Landmine LungeWhy: The front rack position of the landmine lunge places additional force through the front foot, targeting the quads and resulting in superior muscle building, without the queues for machines. How: Stand upright holding the end of your barbell in a central position close to your chest with both hands. Step back with one leg, dropping back into a deep lunge position, before explosively standing upright. Finish your reps and complete on the other side. Step-ups not only deliver serious bang for their buck when it comes to building lower body muscle, they are also a unilateral (single limb) move. This means you'll be placing additional effort through the supporting leg, resulting in more resistance and therefore more muscle mass gained. How: Stand in front of a box, with your feet hip-which apart, supporting leg, resulting in more resistance and therefore more muscle mass gained. How: Stand in front of a box, with your feet hip-which apart, supposition, before explosively to get the most and therefore more muscle building in more resistance and therefore more muscle leg. This workout utilises at your sides. Step one foot up on the buck when it comes to the box. Lean forward slightly to kee pour bed at your bed at your sides. Step one foot up on the buck when it comes for your gain domption of the box and repeat with the opposite leg. This workout utilises a 'mechanical dropset' working from the most difficult exercise, through to the least, raising the reps as you go, allowing you to push pass below you was you was you was you was you was you was