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[illegible]

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-upsWhy: 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-width apart, dumbbells at your sides. Step one foot up on top and drive your foot into the box. Lean forward slightly to keep your balance, but keep your torso upright. Once at the top, stand up fully by extending your knees and hips. Slowly step backward off 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 past the point of failure and fire up as many muscle fibres as possible in your quest for a set of enviable pins.Work your way through five rounds of this triple pronged attack. Making sure to rest for two minutes between each round.10 x Dumbbell/Kettlebell Front SquatClean a pair of moderate weight dumbbells or kettlebells up onto your shoulders and stand tall (A). From here, take a deep breath and drop into a front squat, until the crease of your hip passes below your knee (B), before driving back up. Lower yourself under control but ensure you're standing back up explosively to get the most bang for your buck.20 x Front Foot Elevated Reverse LungeStand tall on a large weight plate or block, around 3-4 inches tall, hold your dumbbells with straight arms by your sides (A). Keeping your chest up at all times, take a step backward with one leg, bending your front knee until the back knee touches the ground (B). Stand up explosively, pause and repeat with the other leg.30 x Heels Elevated Goblet SquatsTurn around onto the edge of your plate so that your heels are elevated with the balls of your feet on the floor. If necessary drop one or both of your dumbbells and continue with just your bodyweight (A) 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 toes (B) Stand back up explosively and repeat.If the workout above didn't tickle your fancy, choose from these 10 to give your upper legs a serious burn.