



TRAINING PLAN DAY 11 QUADS

Warm up -

-Cardio treadmill 15-20 minutes.

Control intensity accordingly to your level.

- As a beginner you can choose normal walk
- If you are an intermediate.

You can make the splits like - 4-1 x 4 (4 minutes normal walk and 1 minute medium intensity running)

- If you an advance level person. you can go with 2-1 X 5 or 2-1 x 6.

WARMUP

- Single leg leg extension
- Lower body stretching

EXERCISE 1 LEG EXTENSION

Set 1 - Warm up (12-15 reps)

Set 2 – Medium intensity (12-15 reps)

Set 3 – High intensity (10-12 reps)

Set 4 – High intensity (8-10 reps)

EXERCISE 2 LEG PRESS

Set 1 – Medium intensity (12-15 reps)

Set 2 – High intensity. (12-15 reps)

Set 3 – High intensity. (10-12 reps)

EXERCISE 3 ADDUCTOR MACHINE or SUMO SQUATS

Set 1 - Medium intensity (12-15 reps)

Set 2 – Medium intensity (12-15 reps)

Set 3 – Medium intensity (10-12 reps)

EXERCISE 4 WALKING LUNGES

Set 1 – Medium intensity (15 reps)

Set 2 – Medium intensity (15 reps)

Set 3 – Medium intensity (15 reps)

Set 4 – Medium intensity (15 reps)

**** REST PERIOD IN EACH SET OF LUNGES IS 10-30 SECONDS, DEPENDING ON YOUR ENDURANCE LEVELS****