

ANATOMY OF THE QUADRICEPS

 @healthbykilo

VASTUS LATERALIS

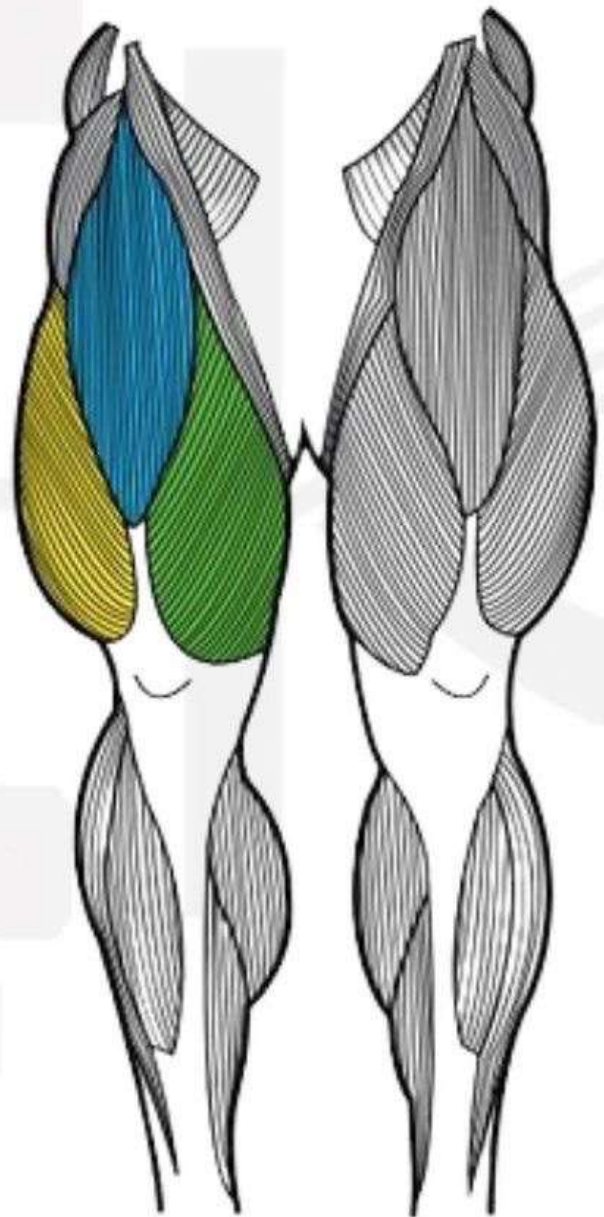
Best worked with feet facing outwards.

RECTUS FEMORIS

Best worked with feet facing forward.

VASTUS MEDIALIS

Best worked with feet facing inward.



LIKE|COMMENT|SHARE

SAVE FOR
THE FUTURE!



VASTUS LATERALIS

(OUTER HEAD)



Barbell Squats



Leg Press
(Feet Close)



Leg Extensions
(Feet Inwards)

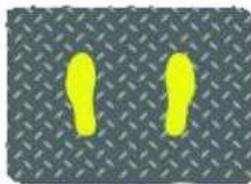


RECTUS FEMORIS

(MIDDLE HEAD)



Barbell Squats



Leg Press
(Feet Standard)



Leg Extensions
(Feet Forward)

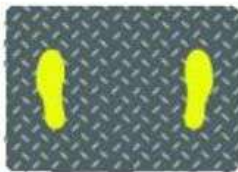


VASTUS MEDIALIS

(INNER HEAD)



Barbell Squats



Leg Press
(Feet Wide)



Leg Extensions
(Feet Outwards)



HIGH VOLUME LEG DAY

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SQUATS

8-10 Sets
20-8 Reps
(PYRAMID UP)



HACK SQUATS

5 Sets
10-15 Reps



LEG EXTENSIONS

5-8 Sets
10-15 Reps



LYING LEG CURLS

6-10 Sets
10-15 Reps



SEATED CALF EXTENSIONS

3-4 Sets
10-15 Reps



HACK MACHINE CALF EXTENSIONS

3-4 Sets
10-15 Reps

LIKE | COMMENT | SHARE

SAVE FOR
LATER!

