



SUPER-QUADS



*All exercises below are to be performed with max intent for strength & hypertrophy adaptations

*Perform 3-5 Rounds of Exercises 1-6 (15-30 minutes total)

*Rest 30-60 seconds b/w exercises & Rest 2-3 minutes b/w rounds

No.	Movement Type	Exercise Options	Intensity (Percent)	Volume (reps)
1	Heavy LB Push	BB Back Squat, BB Front Squat, Safety Bar Squat, BB Heel Elevated Squat, BB Narrow Stance Squat, Leg Press	80-100%	4-6
2	Medium Unilateral	DB Reverse Lunge, DB Forward Lunge, DB Split Squat, DB RFE Squat, DB Step Up, DB Walking Lunge	55-75%	8-12
3	Light Single Joint	Machine Knee Extension, Cable Knee Extension, Quad Fallout, Reverse Nordic, Sissy Squat, Band Knee Extension	35-55%	15-25

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