



By Eric Hout B.S., Pro Bodybuilder
Special Feature: Lisa Chirikjian
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Success is a decision that all of us make at some point in our life. Are you ready to make a decision that changes your life forever? Are you willing to commit to something and giving it 100% of your effort? Many people have the right intentions in life; they just never get around to hitting the home run because they never swing the bat. Every accomplishments in life great or small starts with a decision. Are you ready to start making solid decisions in your life? Not everything that is met can be changed, but nothing can be changed until it is met. Be decisive, even if you are wrong sometimes. One of the keys to your future that will make you the most successful is to make a decision a stick to it and believe in what you choose. Decision determines destiny.

**great leg workout
on the next page!**



QUADS & HAMS

In this kinesiology segment, we are taking a look at Lisa's routine and different muscles in the lower body region. This segment will give you some great information that will help or even change your existing workout.

The exercises that we will cover are as follows:

- I. Platform Lunges**
- II. Vertical Leg Press**
- III. Isolateral Hamstring Curls**
- IV. Romen Chair Squats.**

In these different exercises, we will cover muscles that are emphasized, execution, form, musculology, and the anatomy of each exercise. Remember to always start out light and slow when attempting any exercises in these articles. Always consult a professional trainer if you are having any problems performing these exercises. Always remember to stay tight and strict in all your movements, and train with good mental focus.

Until next issue's training segment, make time for your health & fitness goals.

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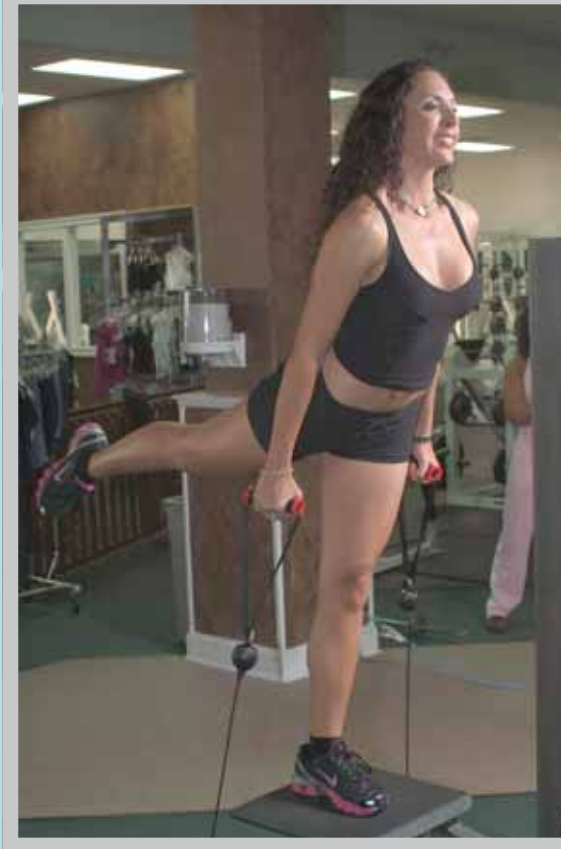
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I. PLATFORM LUNGES



Muscle Position and Execution:

- Start off with light weight
- Start with one leg up on platform in comfortable position before you start your lunge
- Take a big step straight ahead keeping the shoulders square and arm straight down
- Step-1** Step up with front leg leaning forward slightly
- Step 2**-kick back leg out and up as you stand up on the platform
- Step 3**-At the top of the movement the your leg on the platform should be straight and the back leg should be straight back. Switch legs and repeat

Tips and Form:

- Always start with a weight light enough to control
- Step forward in a controlled fashion
- Do not bend torso forward during movement
- Use slow and controlled movements when pushing towards the top of the platform
- Try not to bend or drag the back leg...keep tight and kick it up

Muscle Anatomy: Located on the front of the thigh, the quadriceps muscles consists of the Vastus medialis, Vastus intermedius, Rectus femoris, Vastus lateralis. The Vastus medialis is located on the inside lower thigh, Vastus intermedius is the deepest of the muscle group and is located in middle upper portion of the quad, Rectus femoris lies on top of the intermedius in the middle-upper thigh, Vastus lateralis is located on the outside of the thigh and gives the quad it's sweeping appearance.

II. VERTICAL LEG PRESS

Muscle Position and Execution:

- Start with feet shoulder width
- Knees slightly bent & hands on the handles
- Come down in a controlled fashion...keep butt on the pad
- Come to a 90 degree angle at the bottom of the movement controlling the weight
- Control legs and squeeze legs tight to the top of each movement
- Repeat steps

Tips and Form:

- Very important to use a weight that is not too heavy
- Keep your leg tight at all times during the movement
- Do reps in a controlled fashion, DO NOT bounce at the top or bottom
- Do high reps with controlled movements



III. Isolateral Hamstring Curls



- Muscle Position and Execution:**
- Elbows on the pads keeping torso straight
 - Start with one leg straight and one leg bent holding up your body weight
 - Curl leg up in controlled fashion
 - Keep foot flexed away from your body
 - Curl leg up to a 90 degree position...pause weight at the top

- Extend leg out and start movement over again

Tips and Form:

- These should be done at a moderate tempo
- Keep shoulders square and do not turn torso
- Keep elbows on the pads
- Always use one fluid motion throughout movement- NO BOUNCING

Muscleology: The four quadriceps muscles primary action is to extend the knee-joint and causes the thigh to move away from the shin.

VI. ROMEN CHAIR SQUATS

- Muscle Position and Execution:**
- Lock feet behind pads...legs shoulder width
 - Keep arms out straight in front of you for balance...with knees slightly bent
 - Sit back butt first in controlled fashion
 - Sit down into a 90 degree position
 - Slight pause at the bottom...coming up squeezing your quads

- Repeat Movement

Tips and Form:

- Squeeze the legs and butt tight at the top of each rep
- Keep your knees slightly bent at the top when you are in the starting position
- Use a nice controlled fluid movement on each rep
- Always keep your feet flat on the floor & keep pressure on the whole foot

Lisa is a Physical Education Teacher at Palm Beach Gardens High School and has been training since her freshman year in high school.

Her current workout Schedule is:

Monday-Chest/Triceps/Cardio-Spin

Tuesday- Back/Biceps/45 min. Treadmill 5K

Wednesday-Shoulders/Cardio Kickboxing

Thursday-Quads/Hamstrings/Cardio-Spin

Friday-Repeat Monday & Keep schedule rotating.

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