

Quads & Glutes Emphasis Routine

Exercise	Sets	Reps
Smith Machine Squat (Feet Forward)		
Leg Press (Feet High & Wide)*		
Leg Press (Close Stance)**		
Leg Extension		
Butt Blaster Machine		

* Place your feet high on the platform and outside shoulder width apart.

** Place your feet close together in the middle-to-upper portion of the platform