

best bodyweight quad exercises

The pursuit of strong and sculpted quadriceps doesn't necessitate expensive gym memberships or complex equipment. In fact, mastering the best bodyweight quad exercises can yield remarkable results, building muscle, enhancing athletic performance, and improving everyday functional strength. This comprehensive guide delves deep into the most effective bodyweight movements targeting your quads, exploring their benefits, proper form, and variations to suit all fitness levels. From fundamental squats to more dynamic lunges and plyometric drills, we'll equip you with the knowledge to create a powerful lower body workout that can be performed anywhere. Prepare to unlock your quad's potential with these accessible yet potent exercises.

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Understanding Quadriceps Anatomy and Function

The quadriceps femoris, commonly known as the quads, is a large muscle group located on the front of the thigh. It is comprised of four distinct muscles: the vastus lateralis, vastus medialis, vastus intermedius, and rectus femoris. These muscles work synergistically to extend the knee joint, a fundamental movement crucial for walking, running, jumping, and standing up from a seated position. A strong set of quadriceps not only contributes to aesthetic appeal but is vital for overall lower body power, stability, and injury prevention.

The rectus femoris is unique among the quadriceps muscles as it also crosses the hip joint, playing a role in hip flexion, which is important for bringing your knee towards your chest. The vastus muscles, on the other hand, are primarily responsible for knee extension. Engaging all four muscles effectively is key to developing a well-rounded and powerful quadriceps group. Understanding this anatomy helps in selecting and executing exercises that target these muscles with maximum efficacy.

The Power of Bodyweight Training for Quads

Bodyweight training, also known as calisthenics, leverages your own body's resistance to build strength and muscle. For quadriceps development, bodyweight exercises are incredibly versatile and accessible. They allow for a progressive overload by increasing repetitions, sets, tempo, or by incorporating more challenging variations over time. This makes them a sustainable and effective method for building formidable quads without needing any external weights. Furthermore, bodyweight exercises often engage stabilizer

muscles, promoting better balance and coordination.

One of the primary advantages of bodyweight exercises for the quads is their inherent safety when performed correctly. They reduce the risk of injury associated with lifting excessively heavy weights, making them ideal for beginners and experienced athletes alike. The focus on compound movements means multiple muscle groups are worked simultaneously, leading to a more efficient and functional workout. This holistic approach ensures that your quads don't just get stronger in isolation but contribute effectively to your overall movement patterns.

Fundamental Bodyweight Quad Exercises

Building a solid foundation for your quadriceps development starts with mastering the fundamental bodyweight movements. These exercises are the cornerstones of any effective bodyweight leg program and can be modified to increase or decrease intensity.

The Classic Bodyweight Squat

The bodyweight squat is the king of lower body exercises and a primary mover for the quadriceps. To perform a proper bodyweight squat, stand with your feet shoulder-width apart, toes pointing slightly outward. Lower your hips as if sitting back into a chair, keeping your chest up and your back straight. Aim to descend until your thighs are parallel to the floor, or as deep as your mobility allows, ensuring your knees track over your toes. Push through your heels to return to the starting position, squeezing your quads at the top.

Proper form is paramount to maximize quad activation and prevent injury. Ensure your core is engaged throughout the movement to maintain a stable spine. Avoid letting your knees cave inward; they should move in line with your toes. The depth of the squat can be adjusted based on your flexibility and strength levels; even shallow squats can be effective when performed with proper control and a focus on quadriceps engagement.

Forward Lunges

Lunges are excellent for targeting each leg independently, promoting balanced development and improving balance. To execute a forward lunge, step forward with one leg, lowering your hips until both knees are bent at approximately a 90-degree angle. Your front knee should be directly above your ankle, and your back knee should hover just above the floor. Push off your front foot to return to the starting position. Alternate legs with each repetition or complete a set on one leg before switching.

Focus on driving through the heel of your front foot to engage your quadriceps effectively. Maintain an upright torso throughout the movement. The stride length of your lunge can

be adjusted to alter the emphasis; a shorter stride might engage the quads more, while a longer stride can bring the hamstrings and glutes into play more prominently. Controlled movement and proper knee tracking are crucial for this exercise.

Reverse Lunges

Reverse lunges offer a slightly different stimulus and can be gentler on the knees compared to forward lunges for some individuals. Stand with your feet hip-width apart. Step backward with one leg, lowering your hips until both knees are bent at roughly 90-degree angles. Your front knee should be over your ankle, and your back knee should be close to the floor. Engage your front quadriceps and glutes to push yourself back to the starting position. Alternate legs or complete sets.

The benefit of the reverse lunge is that it often allows for better control and a more stable position as you initiate the movement. This can help in focusing more intently on the quadriceps of the front leg. Similar to forward lunges, maintaining an upright posture and ensuring your front knee doesn't go past your toes is essential for safety and effectiveness.

Split Squats

Split squats, also known as Bulgarian split squats when performed with the rear foot elevated, are a powerful unilateral exercise that intensely targets the quadriceps of the front leg. Stand with one foot a comfortable distance in front of the other. Lower your hips straight down, bending both knees. Your front thigh should reach parallel to the floor, with your front knee aligned over your ankle. Push through the heel of your front foot to return to the starting position. You can perform these with both legs before switching or alternate.

To increase the challenge and quad focus, you can elevate your front foot slightly or use a bench to elevate your rear foot for a Bulgarian split squat. This increases the range of motion and demands greater control and strength from the quadriceps. It's crucial to maintain balance and control throughout the movement, focusing on the eccentric (lowering) and concentric (lifting) phases.

Advanced Bodyweight Quad Variations

Once you've mastered the fundamental exercises, it's time to explore more challenging variations that will push your quadriceps to new levels of strength and power.

Pistol Squats (Assisted or Full)

The pistol squat is an advanced unilateral exercise that requires significant strength, balance, and mobility in the quadriceps, glutes, and hamstrings. To attempt a pistol squat, stand on one leg and extend the other leg straight out in front of you. Slowly lower yourself down by bending the standing knee, keeping your chest up and your back straight. Aim to get your butt as close to the floor as possible while keeping the extended leg elevated. Push through the heel of your standing foot to return to the start. For beginners, using a wall, chair, or resistance band for assistance is highly recommended.

Mastering the pistol squat is a journey. Start with assisted versions, focusing on controlled eccentric movements. As your strength and balance improve, gradually reduce the assistance. The quadriceps are heavily taxed throughout the entire range of motion, making it a potent muscle-building exercise. Proper ankle and hip mobility are also critical for performing this exercise safely and effectively.

Jump Squats

Jump squats are a plyometric exercise that adds an explosive element to the traditional squat, enhancing power and muscular explosiveness in the quadriceps. Perform a squat as usual, but instead of standing up, explosively drive through your feet, jumping as high as possible. Land softly by bending your knees immediately into a squat position to absorb the impact. The focus here is on generating maximum power on the upward phase and controlling the landing.

This exercise is fantastic for improving athletic performance, particularly in sports that involve jumping and quick bursts of speed. Ensure you have a solid foundation in regular squats before incorporating jump squats to minimize the risk of injury. The concentric phase, the push-off, is where the quads work intensely to generate upward force.

Sissy Squats

Sissy squats are an intense isolation exercise that places a significant emphasis on the quadriceps, particularly the vastus medialis (tear drop muscle). To perform a sissy squat, stand with your feet shoulder-width apart. You can hold onto a stable object for balance. Lean back at the knees, keeping your body straight from knees to head, and lower yourself down by bending your knees and extending your hips. Your heels will naturally lift off the floor as you descend. Lower until your thighs are close to parallel with the floor or as far as your mobility allows, then explosively drive back up using your quads.

This exercise requires significant ankle flexibility and quad strength. For beginners, starting with a limited range of motion and gradually increasing it is advised. Sissy squats can be very demanding and are best incorporated sparingly to avoid overtraining. The unique mechanics of the sissy squat create a different type of tension on the quadriceps.

compared to traditional squats.

Incorporating Bodyweight Quad Exercises into Your Routine

Effectively integrating these best bodyweight quad exercises into your training regimen is key to seeing consistent progress. A well-structured plan ensures you target your quads sufficiently without overtraining, allowing for adequate recovery and muscle growth.

Frequency and Volume

For optimal results, aim to train your quadriceps 2-3 times per week, with at least one full rest day between sessions. The volume, or the total amount of work performed, should be adjusted based on your fitness level. Beginners might start with 2-3 sets of 10-15 repetitions for each exercise, while more advanced individuals can increase sets, repetitions, or incorporate more challenging variations. Progressive overload is crucial; continually challenge your muscles by increasing reps, sets, decreasing rest times, or moving to harder variations.

Exercise Selection and Order

It's beneficial to start your workout with the most demanding compound exercises, such as squats or pistol squats, when your energy levels are highest. This allows you to lift with maximum power and proper form. Follow these with other primary quad builders like lunges and split squats, and finish with isolation or plyometric movements if desired. A balanced routine should include a mix of bilateral (both legs) and unilateral (single leg) exercises to address any strength imbalances and ensure comprehensive development.

Rest and Recovery

Adequate rest and recovery are as important as the training itself. Muscles grow and repair during periods of rest. Ensure you are getting enough sleep, staying hydrated, and consuming a nutrient-rich diet to support muscle recovery and growth. Active recovery, such as light walking or stretching on rest days, can also aid in muscle repair and reduce soreness.

Tips for Maximizing Bodyweight Quad Gains

To truly maximize the growth and strength of your quadriceps using bodyweight exercises, consider these expert tips that go beyond just performing the movements.

- **Focus on Mind-Muscle Connection:** Actively think about squeezing your quadriceps throughout each repetition. This conscious engagement can significantly enhance muscle activation and growth.
- **Control the Tempo:** Don't rush through your reps. Slow down the eccentric (lowering) phase of each exercise. This creates more time under tension, a key driver of muscle hypertrophy.
- **Improve Range of Motion:** Work on increasing your squat depth and lunge angles. A greater range of motion typically leads to more muscle fibers being recruited and stimulated.
- **Vary Your Stance:** Experiment with different foot placements in your squats. A slightly narrower stance can sometimes increase quad emphasis, while a wider stance might engage more of the glutes and inner thighs.
- **Listen to Your Body:** Pay attention to any pain signals. Pushing through sharp pain can lead to injury. Differentiate between muscle fatigue and actual joint discomfort.

The journey to powerful quadriceps is accessible to everyone, regardless of their equipment access. By understanding the best bodyweight quad exercises, their proper execution, and strategic programming, you can build impressive lower body strength and aesthetics right from your living room or any space you choose. Consistent effort, proper form, and intelligent progression are your greatest allies in this pursuit.

Q: What is the single best bodyweight quad exercise for beginners?

A: For beginners, the classic bodyweight squat is generally considered the best starting point. It's fundamental, allows for proper form learning, and can be easily modified by adjusting depth. Focus on mastering the squat before moving to more complex variations.

Q: How can I make bodyweight quad exercises harder without adding weight?

A: You can increase the difficulty by increasing the number of repetitions, adding more sets, reducing rest times between sets, slowing down the tempo of the exercise (especially the eccentric phase), or progressing to more challenging variations like jump squats, pistol squats, or sissy squats.

Q: How often should I do bodyweight quad exercises?

A: For most individuals, training the quadriceps 2-3 times per week with at least one rest day in between is optimal. This allows for sufficient recovery and muscle repair, which is crucial for muscle growth.

Q: Is it possible to build significant quad muscle with just bodyweight exercises?

A: Yes, it is absolutely possible to build significant quad muscle with bodyweight exercises. By applying the principles of progressive overload (increasing reps, sets, difficulty) and focusing on proper form and nutrition, you can achieve substantial muscle hypertrophy.

Q: Are sissy squats safe for my knees?

A: Sissy squats can be intense and may not be suitable for everyone, particularly those with pre-existing knee issues. If you have knee pain or discomfort, it's best to avoid sissy squats or consult with a healthcare professional or physical therapist. Start with a very limited range of motion if you choose to try them.

Q: How do I know if I'm performing bodyweight squats correctly?

A: Correct bodyweight squat form includes keeping your chest up, back straight, core engaged, and descending as if sitting into a chair. Your knees should track over your toes and not cave inward, and your thighs should ideally reach parallel to the floor. Watching yourself in a mirror or recording your reps can help identify form issues.

Q: What are the benefits of unilateral bodyweight quad exercises?

A: Unilateral exercises like lunges and split squats work each leg independently. This helps to correct muscle imbalances between your left and right legs, improves balance and stability, and often allows for a greater range of motion and deeper stretch on the working quadriceps.

[Best Bodyweight Quad Exercises](#)

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best bodyweight quad exercises: *Your Body Is Your Barbell* BJ Gaddour, 2014-05-13 The most efficient and effective exercises for a leaner, more muscular physique using the Bodyweight Eight No weights. No machines. No space. No hassles! With *Your Body Is Your Barbell*, a reader will have no excuse not to get into the best shape of his or her life...simply, easily, and in just 4 weeks in the convenience of his or her own home. How? Using nothing more than what God blessed—a body with unlimited potential. Metabolic training expert BJ Gaddour, CSCS, who *Men's Health* magazine calls one of the 100 Fittest Men of All Time, has created a remarkably efficient and effective body-transforming diet and workout program based on just a handful of simple moves, the Bodyweight Eight. These no-equipment-required exercises are all one needs to build a strikingly symmetrical, perfectly proportioned, and classically beautiful physique, just like BJ's. (Not long ago, he was a fat guy with bad knees and an addiction to ice cream sundaes.) But it doesn't stop there. Once readers master each legendary fitness feat with perfect form, he will use BJ's Sweat Spectrum, scalable, step-by-step progressions to go from ground zero to super hero. From these exercise variations, readers can construct hundreds of personalized workouts. Dozens of sample workouts are already demonstrated through big, bold how-to photographs within the book, and organized by goal, duration, intensity, and targeted body zone. This is the only book a man or woman needs to achieve the body he or she has always wanted anywhere...and without gear.

best bodyweight quad exercises: *Strong Curves* Bret Contreras, 2013-04-02 This is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, *Strong Curves* offers an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and mobility. Contreras spent the last eighteen years researching and field-testing the best methods for building better butts and shapelier bodies. In *Strong Curves*, he

offers the programs that have proven effective time and time again with his clients, allowing you to develop lean muscle, rounded glutes, and greater confidence. Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs fail to help women reach their goals. With a comprehensive nutritional guide and over 200 strength exercises, this book gets women off the treadmill and furnishes their drive to achieve strength, power, and sexy curves from head to toe. Although the glutes are the largest and most powerful muscle group in the human body, they often go dormant due to lifestyle choices, leading to a flat, saggy bum. Strong Curves is the cure.

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athletes alike, providing detailed guidance on exercise technique and program design, ultimately helping you unlock your lower body's full potential.

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women looking for a more serious approach to prenatal fitness.

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the glutes function, what critical role they play in the body, and how to design the optimal training program to accomplish your aesthetic and performance goals. This book offers thirty-six weeks of programming and several training templates for those who want to dive right in, breaking down each technique with step-by-step photos and descriptions. Bret also reveals the most common faults people make when performing these movements and offers hundreds of tips for getting the most out of every training session. You can implement his system in your local gym or even in the comfort of your own home. Glute Lab is more than just a book on glute training. These principles and methods can help you maximize muscle growth and strength, improve body composition, overcome training and physique plateaus, train around injuries and discomfort, determine ideal training frequency and exercise selection, design periodized programs, and so much more. In short, this book gives you the tools to make strength and physique gains and design balanced programs that cater to a wide range of goals and work for your entire body. Whether you're a regular person looking to improve your appearance, an athlete looking to boost your performance, a physique competitor or bodybuilder looking for an edge over the competition, a powerlifter looking to increase your strength, a CrossFitter inspired to gain knowledge, a personal trainer interested in offering your clients cutting-edge training techniques, or a physical therapist looking to improve your clients' health, Glute Lab will equip you with the information you need. In this book you will learn:

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- The anatomy and function of the glutes
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- How to perform the most effective exercises for sculpting rounder, stronger glutes
- Variations of the hip thrust, deadlift, and squat exercises
- Sample training templates and splits that cater to different training goals and preferences
- How to implement advanced methods into your training routine
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- Twelve-week beginner, intermediate, and advanced full-body training programs with a glute emphasis
- How to design your own customized training programs
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best bodyweight quad exercises: Rebuilding Milo Aaron Horschig, Kevin Sonthana, 2021-01-19 Every athlete who spends time in the weight room eventually deals with pain/injury that leaves them frustrated and unable to reach their highest potential. Every athlete ought to have the ability to take the first steps at addressing these minor injuries. They shouldn't have to wait weeks for a doctor's appointment, only to be prescribed pain medications and told to "take two weeks off lifting" or, even worse, to "stop lifting so heavy." Dr. Aaron Horschig knows your pain and frustration. He's been there. For over a decade, Dr. Horschig has been a competitive weightlifter, and he understands how discouraging it is to tweak your back three weeks out from a huge weightlifting competition, to have knee pain limit your ability to squat heavy for weeks, and to suffer from chronic shoulder issues that keep you from reaching your goals. Rebuilding Milo is the culmination of Dr. Horschig's life's work as a sports physical therapist, certified strength and conditioning specialist, and Olympic weightlifting coach. It contains all of the knowledge he has amassed over the past decade while helping some of the best athletes in the world. Now he wants to share that knowledge with you. This book, designed by a strength athlete for anyone who spends time in the weight room, is the solution to your struggles with injury and pain. It walks you through simple tests and screens to uncover the movement problem at the root of your pain. After

discovering the cause of your injury, you'll be able to create an individualized rehab program as laid out in this book. Finally, you'll be on the right path to eliminate your pain and return to the activities you love.

best bodyweight quad exercises: Perfecting The Pistol Squat Al Kavadlo, 2021 Pistol squats are the definitive calisthenics legs exercise. They build tremendous strength in your entire lower body (quads, hamstrings, glutes, hip flexors, calves, etc.), as well as your abs and lower back, without requiring any equipment whatsoever. Practicing pistols will also improve your flexibility, balance and total body control. In this manual, world renowned calisthenics expert Al Kavadlo shares the best programs, progressions and variations on this iconic exercise. If you've always wanted to learn the pistol squat but have never been able to, this is the book you've been waiting for. Even if you can already do a few pistol squats, this book is filled with tips that will help you improve your technique. Furthermore, Perfecting the Pistol Squat includes stretches, advanced variations and other bodyweight leg exercises. It's practically an encyclopedia of lower-body calisthenics. Al Kavadlo is a bona fide genius in the bodyweight field. Despite more than 30 years experience studying strength calisthenics, I have still learned a lot from Al. -Paul Coach Wade, author of *Convict Conditioning* Throughout the years, whenever I needed an additional resource for the proper way to perform, progress or regress a bodyweight exercise, I turned to Al Kavadlo. -Jeff Cavaliere, creator of *Athlean-X* Al Kavadlo is a master of bodyweight training and calisthenics. If you want to gain strength and improve flexibility, and do it all without a single piece of gym equipment, Al's the expert you should turn to. -Mark Sisson, author of *The Primal Blueprint*

best bodyweight quad exercises: SQUAT 101 Rahul Mookerjee, 2022-11-11 **DISCLAIMER** The exercises, workouts, and routines in this book are meant for people in good physical condition. Stop if you experience any pain or other discomfort while doing these, and visit a medical practitioner if you have any doubts. The author is not a medical professional, and is not responsible for injuries (or other maladies) that may arise as a result, either direct or indirect of following the routines and exercises in this manual. That said, this book is probably, along with *0 Excuses Fitness* which didn't devote near as much attention to squats as it should have - and *Gorilla Grip*, and *Pushup Central* - and my books on pull-ups - a **MUST** have for any serious trainee. The exercise in this book will **REHABILITATE** - not harm. That has been the case for **EVERYONE** that has followed these routines - and ... Dear Reader, Man! I gotta tell you, I feel so damn **ANNOYED** when I write disclaimers of the sort I just did above, which I didn't copy and paste from a template (I should have one). I gotta put it in though because no doubt there will be **SOMEONE** who tries these exercises, does them wrongly, and then turns around and in a typical trigger happy manner blames the author and the book for "causing the problems" when the reverse is actually true. Legal disclaimers and all that, I didn't pay much attention to these things before, I rarely do even now, but since we've grown to a certain level "I gotta put it in". And I almost done made the disclaimer into the introduction! You that is reading this likely **KNOW** who I am, Rahul Mookerjee, the "Stella Artois of Bodyweight Training Culture" as this shi fu is called - brutally honest to a T from day one, and continuing on in that vein now. "If you ain't squatting - you ain't training". Period. In Matt Furey's classic book *Combat Conditioning*, Furey once penned something similar along the lines of "if you're not doing Hindu squats, you're not really doing *Combat Conditioning*". Maybe, maybe not, but I get his drift. To me, I'd say squats - period - not necessarily just Hindu squats. My book *0 Excuses Fitness* which is the baseline for any serious fitness trainee has been called the "very best there is in fitness out there, there is **NOTHING** else that even comes **CLOSE**" contains instructions on squats, and an entire video (digital download) dedicated on how to do Hindu squats. And a whole plethora of pushups - indeed, if you do what I did in the workout video the rest of your life, you'll quickly get in great shape and advance beyond your wildest dreams. But all along, I had this niggling feeling I wasn't devoting "enough attention to squats". I did to pushups, yes. But even then I came out with *Pushup Central* - another classic manual with 55 different ways on how to perform "the world's oldest exercise" and that was both very well received and very warranted (and a classic example of **DOING** the thing first even though "no-one asked for it"). Sometimes you gotta **DO** first. The customer - **YOU** - sometimes has to be

SHOWN the final product – FIRST. And back to squats, for some reason, a lot of the great books on bodyweight training culture don't talk a lot about 'em. I would be remiss to leave out Brooks Kubik's Dinosaur Bodyweight Training here, in it he says you should do squats daily, and do 'em for the rest of your life. He provides detail on them too, but again, nowhere near what this great exercise deserves. And again – as Rahul Mookerjee says, if you ain't squatting, you aint training, period. I don't care what else you do, I don't care if you climb hills for four hours a day straight (as I did, and continue to do, and it keeps in SUPER CONDITION) – I don't care if you bang out 250 straight pushups in the morning, and then repeat in the evening, I don't care if you're a stud at pull-ups, I don't care if you can bridge for hours on end – all those things are great, you SHOULD work up to those levels, but again. If you ain't squatting, you aint training. Sprinting doesn't replace squats. Step ups don't even come close (to me, they are the lazy man's equivalent of leg training – though don't get me wrong, they are a great SUPPLEMENT). But again. There is a reason the ancient Hindus did squats galore for thousands of reps a day. There is a reason the Gama swore by BOTH Hindu Pushups – and Hindu SQUATS. He was reputed to have done over 5000 squats and 3000 pushups daily, and while these numbers are probably not entirely accurate – the fact remains that bodyweight exercises were the cornerstone of his routine – and ultimately what brought him PHENOMENAL SUCCESS (he once lifted a 1200 kg stone that TWENTY FIVE regular people failed to budge on their "collective"). That's an example of the power that bodyweight training can give you. Look, as I've said repeatedly in my training newsletters – there is nothing that beats the up and down motion of the body you get with squats – it works the core and entire body like NOTHING ELSE! Lots of folks think squats are just an thigh exercise. Wrong. Done right, they work the thighs yes, but if thats all you think you're working – you ain't doing 'em right. Squats tax the HAMSTRINGS – a hugely ignored part of the body – the calves (obvious) and also the entire back and CHEST. They tax the BUTT muscles when done right! The deep breathing you do (or should do) when doing squats enlarges the rib cage and improves functioning of the entire body – improves assimilation and digestion of the FOOD you EAT – gets rid of extra fat around the midsection and entire body quicker than almost any other exercise will – and is an "all in one" exercise that you can do even when you're pressed for time. Steve Austin "oh hell yeah" (we all know him!) once made the comment of "if you do squats, I don't care what else you do, youre going to grow!". For a wrestler on the road almost 365 days a year, and a beast incarnate, I'd listen when someone like him says something. Ditto for dips, often called the upper body equivalent of the squat, and pull-ups, but this book focuses on SQUATS. Again, if there was one flaw that I personally believe 0 Excuses Fitness had, it did not devote near enough space in the 300 plus pages of the book to squats. I believe it got close in terms of pushups, but I put out two more books on pushups anyway! And now, I'm doing the same with SQUATS. Enjoy! Some may get back to me at this point with "well, I squat with weights". And thats great if you choose to do so. However, this book is about bodyweight squats, which I truly believe tax the body FAR more internally at a deeper level than simply "5 sets of the heaviest squat" you can do. Indeed, a lot of these guys that can squat Everest fall flat on their face – or butt – when asked to do 100 straight Hindu squats, for one (and we ain't even getting to the tougher versions you'll see in this book). If they can even do them to begin with – most flop out at 20 when they start and cannot walk properly for DAYS on end. Remember, it "aint just bodyweight squats", there is a whole ART to squats if you do 'em RIGHT! I cannot tell you how much it irritates and annoys me – aggravates the living hell out of me when someone approaches something with that "its just this" attitude, if thats the attitude you got, then don't do the exercise in the first place. It doesn't need you – you need it. Period. And last, but not least, if you have pre-existing injuries, rods in your legs – wonky lower backs and shoulders from years of either heavy squatting or lifting or (even worse) "body building" (boobybuilding) some of you might think "well, high rep will kill me". No, my friend, it wont. The way I teach you to do these exercises is UNLIKE any other you've seen out there – those that have read my books know this "I've never seen anything like your books out there". The INTENSITY is unparalleled – like with me. And all these squats REHABILITATE – they don't tear down. If you're currently in good shape, they will get you in BETTER SHAPE – and how? Because

they tax you from the entire out. Your fascia, your BREATHING, your TENDONS, joints, ligaments, all those ignored parts of the body will be worked heavily and to the bone, not just your muscles!! In fact, done right, bodyweight squats have been proven to increase BONE density too my friend - much like upper body exercises like pull-ups etc have. Best part though, as I've said before You'll FEEL like a billion bucks! NOTHING trains the body and makes you feel better than heavy duty LEG WORK! Trust me on this one, when you're walking around with that "thighs rippling" (without you consciously doing it) ... you'll know what I mean. Lets keep the focus on fitness though, not "looks". Those are a distant by product, and as I've said tons of times before, train for FITNESS, train for functional STRENGTH, not "looks". Train for something useful, train for something that can save your life (and ass) when you really, really need it, when no-one else will help, when it's YOU, and just YOU against all of 'em, train to have the gumption to beat the odds even when they're staggeringly against you, train to have WILL, train to have SOLID, superhuman POWER - and so forth. In short, training should be practical and useful, bottom line! And way too many people make it otherwise. Anyway, I could write tomes all day on this, and do on my site ... But for this introduction, we've gone on all enough, so I'll stop here. Hehe. But as a last reminder - - remember, if you ain't squatting? Then you ain't training, period. Onward! LEG RIPPLING SWAGGER! Without you even trying, my friend. I don't know if you know what I'm talking about, but maybe you do ... In 2002, I went to China for the first time - at the age of 23, supposedly my "best time" when I was supposed to be in the "best shape of my life". Yet, for me, it's been the opposite most of my life. When young, I was never in good shape - though I wanted to be - and got ridiculous advice from all and sundry in terms of training such as "lift pink 10 kg dumbbells" for half an a hour day, thats how the big guys build muscle! Or, the "he thinks he's so strong" comments made by family members who did not know any better that tore me down mentally. This isn't me castigating family here. This is me being brutally honest with you about my LIFE and fitness - and ME - in general as I always am, and telling you a story as I always end up doing - all true, hehe. REAL LIFE! Perhaps no other book fits the "real" (keeping it real) category better than THIS one, the words BE flying out of my mouth as I speak - phew! Deep breath. But anyway, so I went to China, climbing the stairs to my fourth floor apartment left me dizzy (almost) and breathing hard, when I had to lug suitcases up there? My! It was like I had to climb Everest! And don't get me wrong. I did other things back then - I was a weight lifter - I lifted real weights, not 10 kg dumbbells! People in the office would squeeze my forearms and say "he's STRONG!" I still remember my mother, who once made the "he thinks he's so strong" comment when I was young say the reverse when she saw me lug their suitcases up - heavy ass 25 kg suitcases, one hand at a time up to my apartment. "I'll never forget how you did that", she exclaimed. But even with all that, a lot was missing. I was strong, but not anywhere NEAR fit. And I could use my strength ONCE - but nowhere near what it needed to be ie. "repetitively". It was really in the September of 2003 or I believe 2004 (I Think I first went to China in 2003, not 2002 as I said up there) that my life changed ... Anyway, I'll get the dates clear later. ... when I met a certain Ann Lee! The first time I dated her in the park - right smack next to my house, with a huge mountain in it I could SEE from my apartment, yet for some odd reason I ignored this free fitness tool right in front of me (we often do that!) ... the date was her idea, the park? I didn't even know it was there! - and we climbed the mountain, I remember what a MESS I felt like when doing it! I remember STRUGGLING up that damn hill like it was Everest (right now I can slink up it easy peasy five times a day, and it ain't an easy hill to hike, trust me!) ... I remember how out of breath I was, I remember my legs turning to jelly - my lower back wonking out - and calves burning ... and all along, I remember a PUMP, a massive PUMP in my forearms of all things I had NEVER felt with anything else! I still remember the girls there giggling in that cute Chinese way and pointing at the fat lao wai (foreign devil, or "wai guo ren" - old man from from foreign land) climbing the hell Or was it hill. Hehe. It felt like the former! I remember thinking "when will this damn torture end". Hehe. That hill felt interminable! I was going to put the picture from Advanced Hill Training here too, maybe someday. For now - back to it - THAT, as a certain Kelly was to say "years later" - is REAL TRAINING! REAL HILL climbing! I had experienced it before when climbing the Indian

Himalayas, so steep that when I asked my father to do it again once after a day the very vehement "NO WAY!" was all the answer I needed Hehe. Anyway - where was I. Swashbuckling thighs, eh. The hill caused a revolution in my life, fitness wise, most of it is here for you to see! It CHANGED my life - till this day, I credit Ann Lee for doing this. If she had not come into my life, none of this would have happened. Of course, I credit my work on a certain Dongguan Expat website as well for that, but thats another story! Anyway, I quickly got in better shape climbing that hill on the weekend, then after Ann Lee kicked my rumpus again (I was making excuses about not climbing after work "it's too late" or something) - I started doing it daily, and a fitness machine emerged. The lower back that had felt so wonky for DAYS after that first climb - became STRONG. The legs - thighs especially turned into rippling pillars of STEEL from that climb. My upper body fat disappeared, my strength improved, my PULL-ups shot through the roof, most of all, I was seeing my GRIP strength improve by leaps and bounds which amazed me! An idiot once wrote back on Gorilla Grip saying "he claims he's improved his grip by NOT doing a single pull-up for months, but he doesnt say how he's done it!". Actually, I did say. He was just too dumb to read between the lines. My core strength increased x 10, my digestive issues went away, but all of that is different, another story, what I'm going to tell you about is one night I was walking to the bank to get some cash for a trip out of China, and the way I was walking, with my thighs bulging out naturally - well, I dont know if you guys have ever experienced that, but it makes you feel like a BILLION BUCKS! I repeat, a billion bucks, untouchable, confidence like nothing else, and it usually comes with a toned swagger to your CORE too, strength you will NEVER lose! I've often tried to replicate this "without having it", and it showed. People told me "dont splay your legs out like that!" But when you have it naturally, it shows too! In the movie Get Carter, Sly Stallone walks into see the owner of the pub where his brother Richie died - now, he's dressed in a full suit, typical "mob enforcer", calm, menacing, quiet, viper ready to strike if need be ... goateed to a T, and so forth, as my friend Lily once said, "looking like a bad ass!" He was. But that walk to the desk, much like my walk to the ATM that night, the way the thighs rippled, that understated SWAGGER that comes from being in SUPER SHAPE - I'll never forget that! You have to FEEL IT to UNDERSTAND! And squats, my friend, are the ONE exercise that will give you this x 10000! Sure, you can climb stairs, you can hike hills - all of that is great. But like I've said above, nothing replaces squats. You that can hike hills for hours might be amazed when you first get on some of the squats in my program, you might not be able do more than 25, and you might not be able to walk for days after wards either. Trust me on this one! Squats do what NO other exercise does, my friend, and back to swashbuckling SWAGGER, and machismo, and feeling great... well, thats the icing on the cake, but also the reason you should be DOING these in the first place! On one last note - some of you might ask though, "why do I need squats" (given what I've said about other forms of training). You might as well ask me "why do you need to breathe - or train - or live in the first place", it's that obvious. Look, like I've said before, nothing beats the up and down motion your body makes, and the internal changes that go on your body, the strength it builds, the functional strength it builds throughout the whole body that you simply cannot get from any other movement. When you wrestle, for one, what sort of positions do you have to constantly fight your way out of ? I dont think you're climbing a hill or stairs in that motion, are you? Squats have a CIRCULAR sort of motion, my friend, not just Hindus, all squats, that ensure you return back to where you started, "full circle", a motion used in EVERYDAY life, fighting, walking, all of it, and again, you have to squat first to truly understand it. Sure, the other methods I've mentioned work, but they dont work nearly as well as squats, and NOT in the same manner. Does that mean you dont do them? Of course not. You do BOTH. You have ALL the fitness tools you need in your fitness toolkit, not just one, but you dont neglect the most basic and important one as most people DO. Squats build EVERYDAY strength and functional fitness - and I'm talking BODYWEIGHT squats in a way nothing else can, that is the most simple and concise answer I can give you. There is a reason the old timers did these daily without fail and in high reps, and if even that isn't enough for you, you're at the wrong page, and probably better off pumping and humping the leg press at the Jim. FEROCIOUS SQUATS! Way too many idiots and morons think and will say the bodyweight squat - or

the Hindu squat or any of the variants I'm going to be teaching you in this NEVER SEEN BEFORE COURSE "just a warmup"... Or, it doesn't build muscle. Or, the real deal is weighted squat, and those should really be focused upon, while the others? Blah. "Just do it" to get them over with, and usually in a haphazard half hearted manner. I'm here to tell all these sort of people that they're grade A buffoons. Not only are they choosing the path of most injury as opposed to least, but they're also depriving themselves of the valuable tendon and ligament benefits you get from bodyweight work - not to mention strength, that can be used repeatedly without your legs giving out as opposed to 5 reps, or 20 reps while squatting a cow or what not. Don't believe me, take the cow squatters, ask them to pump out 100 - hell, 50 ferocious squats, and we'll see. FEROCIOUS SQUATS. Maybe I should rename the book that ... Hehe. Or maybe I'll leave it the way it is! But really, my friend. When you do these, remember too many people go through the motions and nothing else, do NOT be one of those people. I was resting this afternoon, then I said to myself - let's do some squats, and let's AMP THEM! FEROCITY! You really put all you got into them, you don't pause for long breaks either to catch wind, you ... are a man - or a woman - on a MISSION basically. The sort of mental strength this sort of workout builds is beyond comparison, you cannot get it from anything else, weights or not included, but why just believe me? Take it from the old time strongmen, all of who had legs of pure steel. Not all squatted an elephant, or even bothered, but they all, right from the Gama, to Bruce Lee, to modern day legends like Herschel Walker were DAMN good at the bodyweight squat, and did tons of reps daily, often throughout the day. There is a reason to the so called madness, or a method, and a reason behind doing what they did. REALLY put all you have into it. FOCUS - I repeat - focus on breathing in and out with every repetition consciously, this will make the workout far tougher, and bring way more results than if you do it without focus on the breath. You should REALLY feel the heart thumping after around 100 reps or so, if you can even get that far. Ass to grass - on every rep. No excuses, pally. And STRAIGHT back up, no bent knees on that one. And there it is. FEROCIOUS squats, and boy do they bring results and then some. Anyway, enough on that. On to the ... (and yes, that's one of the secrets to squats getting you in ferocious, awesome shape, but there's plenty more in the BOOK) BENEFITS you can get from this course - I think we've covered a lot above already! But here they are again in bullet format for you ... Build a BULLETPROOF, rock solid body with squats, a "son of the soil" look that comes only from having a sturdy foundation beneath you, a foundation that cannot be ROCKED. Build the sort of SWASHBUCKLING "thigh" swagger (and swagger in general) feeling you get when you have those ripping, FIT legs and a toned midsection (they go together). The feeling cannot be beat, it cannot be replicated, and it, or the lack of it SHOWS when you walk - or STRIDE around the place - and believe me, THIS feeling alone is worth a BILLION BUCKS and the price of this course MANY TIMES OVER!! Build massive thighs that ripple with functional muscle by doing this course - NO, "rippling" with muscle is NOT an exaggeration! Build MUSCLE on your entire body and lose weight quicker by doing squats, yes, just squats, I repeat, JUST SQUATS!! and nothing else quicker than almost ANY OTHER EXERCISE. If you ain't squatting, you ain't training, and that's a maxim that holds true my friend - so does the maxim of "if you squat, I don't care what else you do", you're going to GROW! Increased lower back strength without doing a single exercise for the lower back, the squat taxes EVERYTHING when done right. Improved - VASTLY improved performance on all your upper body exercises, including pull-ups. (especially pull-ups, I should say). Perhaps the most amazing benefit of this sort of heavy duty LEG training is the indirect gains you see in GRIP Strength - writing this makes me feel literally light headed thinking about it, trust me on this one. You can forget about digestive issues like IBS, constipation, flatulence and such the general population is afflicted with - squats are the best medicine ever, natural, and you don't need no doctor for them either (and neither the bills, hehe). A sense of calmness and sang froid when you get good at this that will translate over into your daily life, work, relationships, all of it. Improved performance in the BEDROOM - especially when you combine squats with isometrics and pull-ups. You'll build mental focus and gumption like NOTHING else. A lot of lazy fools will tell you high rep squats are boring. When you hear that, think "ah, yes. They require FOCUS and dedication, so these idiots think it's

boring!". You'll build FEROCITY from the inside out like nothing else you've done before, you'll truly understand, comprehend the meaning of being a TRUE BEAST! And many, many more that I have not mentioned here as yet, but will as I go along. This course is worth its weight many times over in GOLD. And if you're IN ANY way serious, or even CLAIM to be serious about physical training done right, you'll want to get your mitts on this nigh invaluable course NOW. Just do it, my friend. NOW! Best, Rahul Mookerjee

best bodyweight quad exercises: Calisthenics Playbook for Push Pull Squat Wayne Foong Weng Hui, 2024-09-14 We don't think videos or text are the best for learning bodyweight fitness—this book shows why. It will be your first time getting strong with a comic-style guide. Loved by athletes from over 100 countries. 3 separate programs for one-arm push-ups, pull-ups, and pistol squats. 27+ workouts laid out in a step-by-step progression. 300+ precision-crafted illustrations for accurate technique guidance. Science-driven insights focused on real-world applications. Suitable for beginners and intermediate athletes.

best bodyweight quad exercises: The Ultimate Guide to Bodyweight Squats and Pistols Logan Christopher, 2013-05-29 Find out more from the author Logan Christopher at www.LegendaryStrength.com on bodyweight training and more. This is one of several books in the The Ultimate Guide to Bodyweight Training series. Be sure to check out the other volumes available here. This book is divided up into four main sections. Beginner - Work up to a Full Range of Motion in the Squat Intermediate - Do variations, and build up to hundres and even thousands of reps Intermediate Part 2 - Work up to your first one leg squat Advanced - Master the pistol with more reps, explosive and harder variations and even adding weight * 7 Tips to achieving a deeper squat * A simple training plan to achieve your first 100 rep squat set * More advanced routines to work up to 500 or even 1000 reps if you choose * Different ways to hold a weight in the pistol and how it changes up the move * Tons of variations for more targeting of the quads, hips, glutes, calves and more * Ramp up your conditioning with these explosive variations * Some rare squat variations that few people know about * Step by step progress to get your first pistol * Why many personal trainers teach the WRONG FACTS about squatting and what to do instead * Learn which pullup variations are best, and which ones aren't so good. Approximately 42 exercises are discussed in depth. Several workouts and training plans are given to help you achieve your goals. This book can and will take you from not being about to squat fully down to easily doing reps on one leg in a full range of motion.

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