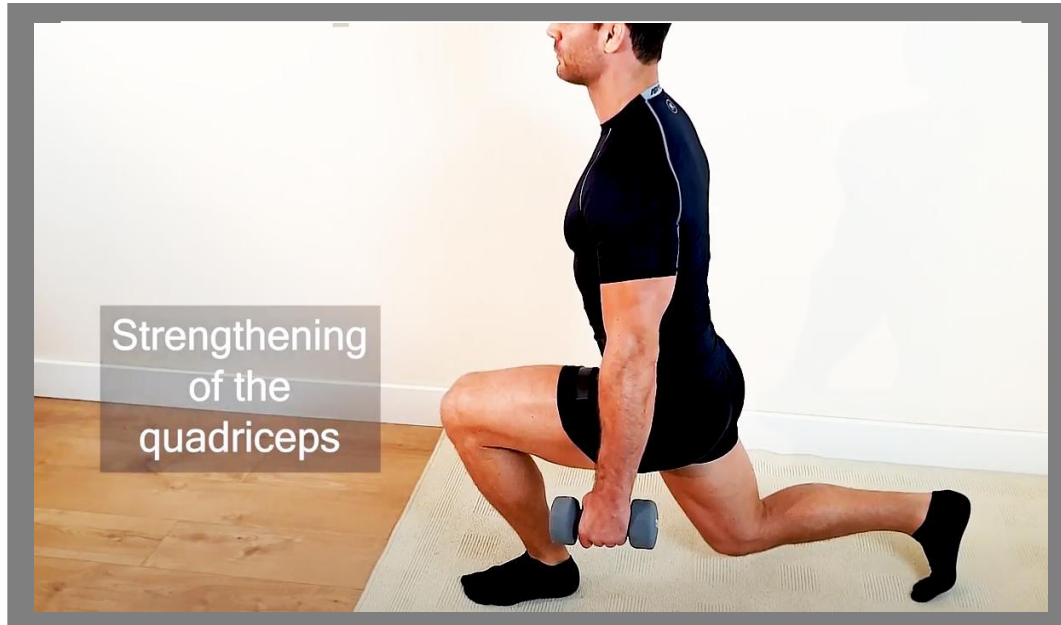


SQUATS (with weights)

LEGS40



Strengthening
of the
quadriceps

AREAS AFFECTED

**The Quadriceps
and
Gluteal muscles**

ADVICE

Place one leg in front of the other and perform a slow squat. Place most of the weight on the front leg. Allow the back knee to bend close to the floor.