

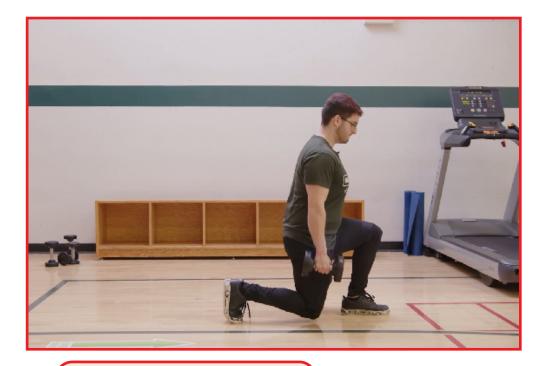
## Muscle Group: Legs (quadriceps) | Sets & Reps: 3x8 or 3x10 | Equipment: Dumbbells

## Instructions

- 1. Choose your weights based on your comfort level.
- 2. Start with your feet planted firmly on the ground with arms by your side.
- 3. Take a large step forward with one foot and keep both feet facing forward.
- 4. Slowly bend both knees until your back knee is close to the ground.
- 5. Pause, and push back up to return to standing with your feet together.
- 6. Repeat on the opposite side.
- 7. Continue this 10 times on each side.

## **Tips & Modifications**

- Start with no weights and practice proper form with hands on hips.
- If you need help with balance, use a wall or chair for stability.



Click here or scan the QR Code to the right to watch video instructions!

