



MAX PHILISAIRE

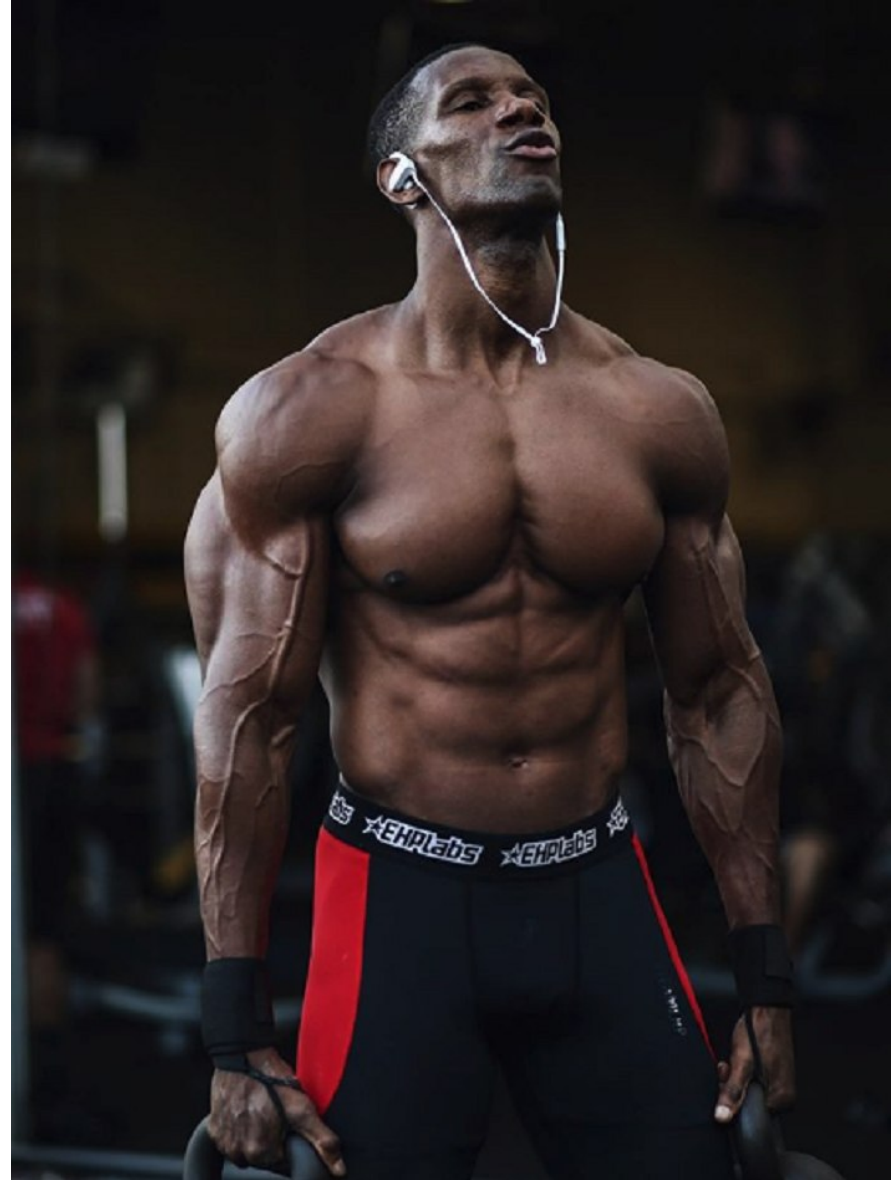
Height 185cm/6'1"    Waist 81cm/32"    Collar 42cm/16.5"    Sleeve 84cm/33"    Suit 106cm/42"/52    Suit Length L    Shoe 47 EU/12.5 US/12 UK    Hair Black    Eyes Brown



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# QUAD DOMINANCE

Get ready to work — and build bigger quads — with this squat-centric leg routine

BARBELL SQUAT



BARBELL FRONT SQUAT



BARBELL LUNGE



**W**hile squatting to failure is never a good idea, to build serious mass you have to work hard. Make every set count by choosing weights that force you out of your comfort zone and bring you close to failure. Make sure to work in a rack with safety bars, or train with a partner who you trust to provide a good spot.

Notice the 6,12,6,12,8,8 rep scheme for traditional back squats. This ensures two things: big strength and big size. Twelve-rep sets are great for increasing size, while 6s are strength-developers. Although it's hard to truly get the best of both worlds, pushing yourself will force your legs to respond, and this method will certainly mix things up enough to maximize fiber recruitment. All in all, this body-building/powerlifting combo addresses all the aspects of size and strength. On the fifth and sixth sets, change your stance to target the harder-to-train muscles and hit your hamstrings near the bottom of each rep.

Take your time with this routine. If you need 2-3 minutes of rest between sets, you've likely chosen an appropriate weight. If a minute or less suffices, you probably need to go heavier. This workout isn't about moving quickly between sets or relaxing on a leg press or leg-extension machine. For serious growth, patience and hard work are key. Take your reps deep — at least thighs parallel to the floor — control your body position, draw your abs in and keep your core tight. If you can do all that, this routine will give you everything you need to build thicker, stronger legs.



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