



HOW TO HAVE KILLER QUADS

NAME:

DATE:

This worksheet is a supplement training guide to “How to Have Killer Quads” video published on March 16, 2016. So let's get started as I'm already pumped to bring you some helpful info on how to have killer quads and bring in those strong and sexy legs.

Ladies and gentlemen, it's time to talk about quads. While other muscles like your biceps, triceps, and abs are typically more noticeable, you're making a huge mistake if you're not training your quads!

Do you suffer with foot, knee, or lower back pain?

Key Points:

1. **Your Feet-** The base. The foundation. The quality of your feet when it touches the floor is very important as it affects the entire Nervous System.
2. **Your Nervous System-** The information from your feet goes upward to the Nervous System. It tells the rest of the body how to make that connection or feel the ground.
3. **Biomechanics-** When we run, play, or even stand, our body has to cope with and compensate for these events especially if you are having legs-foot related problems (bowed legs, arch foot, drop foot, etc.). It is these compensations that put structures such as muscles, joints, ligaments and tendons under strain as they begin functioning in a compromised manner.

Have you noticed a reduction in overall recruitment of muscles in your lower body?

Action Steps:

1. **Inspect your feet-** Take a look at your feet. Are your arches the same height? Are you rolling inverse or another? Are your knee caps facing the same ways? There are so many things that can contribute to not having killer quads that you desired.

When inspecting your feet, are there any imbalances or asymmetrical issues?

- 2. Think holistically-** Our body is made up of a collection of systems that all work together so it's no wonder that you need to keep each part in check in order to maintain the whole.

Would you say that you have proper footwear for either running or working out?

- 3. Build your team-** Build your holistic team which is a group of professionals from diverse disciplines (massage therapist, chiropractors, naturopaths, osteopaths, physiotherapist, etc.) who come together to provide comprehensive and holistic assessment and consultation.

Take some time to design your peak performance team.

Our JTPG and peak performance online classes will begin soon. Sign up to our website, follow us on facebook and twitter, and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to your personal greatness.

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