

4-Week Dumbbell Quads

Week 1: Foundation and Technique

Day 1

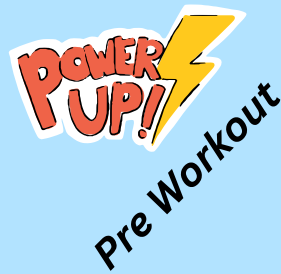
- **Dumbbell Front Squats:** 3 sets x 12 reps
- **Dumbbell Split Squats:** 3 sets x 10 reps per leg
- **Dumbbell Step-Ups:** 3 sets x 12 reps per leg
- **Dumbbell Squat Holds:** 3 sets x 30 seconds

Day 5

- **Walking Dumbbell Lunges:** 3 sets x 10 reps per leg
- **Dumbbell Squat Jumps:** 3 sets x 10 reps
- **Dumbbell Front Squats:** 3 sets x 12 reps
- **Dumbbell Squat Holds:** 3 sets x 35 second

Day 3

- **Dumbbell Overhead Squats:** 3 sets x 10 reps
- **Dumbbell Bulgarian Split Squats:** 3 sets x 10 reps per leg
- **Single-Leg Dumbbell Squats:** 3 sets x 8 reps per leg
- **Dumbbell Sissy Squats:** 3 sets x 12 reps



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Week 2: Building Intensity

Day 1

- **Dumbbell Overhead Squats:** 3 sets x 12 reps
- **Dumbbell Bulgarian Split Squats:** 3 sets x 12 reps per leg
- **Dumbbell Split Squats:** 3 sets x 12 reps per leg
- **Dumbbell Sissy Squats:** 3 sets x 15 reps

Day 5

- **Walking Dumbbell Lunges:** 3 sets x 12 reps per leg
- **Dumbbell Front Squats:** 3 sets x 14 reps
- **Dumbbell Overhead Squats:** 3 sets x 12 reps
- **Dumbbell Bulgarian Split Squats:** 3 sets x 12 reps per leg

Day 3

- **Dumbbell Step-Ups:** 3 sets x 15 reps per leg
- **Single-Leg Dumbbell Squats:** 3 sets x 10 reps per leg
- **Dumbbell Squat Jumps:** 3 sets x 12 reps
- **Dumbbell Squat Holds:** 3 sets x 40 seconds

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Week 3: Intensifying the Challenge

Day 1

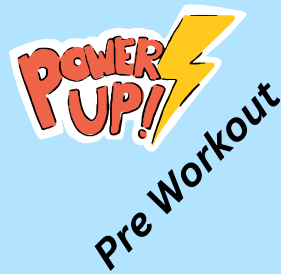
- **Dumbbell Split Squats:** 4 sets x 12 reps per leg
- **Dumbbell Step-Ups:** 4 sets x 15 reps per leg
- **Dumbbell Front Squats:** 4 sets x 12 reps
- **Dumbbell Squat Holds:** 4 sets x 45 seconds

Day 5

- **Walking Dumbbell Lunges:** 4 sets x 15 reps per leg
- **Dumbbell Squat Jumps:** 4 sets x 15 reps
- **Dumbbell Front Squats:** 4 sets x 14 reps
- **Dumbbell Overhead Squats:** 4 sets x 12 reps

Day 3

- **Dumbbell Overhead Squats:** 4 sets x 10 reps
- **Dumbbell Bulgarian Split Squats:** 4 sets x 12 reps per leg
- **Single-Leg Dumbbell Squats:** 4 sets x 10 reps per leg
- **Dumbbell Sissy Squats:** 4 sets x 15 reps



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Week 4: Peak Performance and Endurance

Day 1

- **Dumbbell Bulgarian Split Squats:** 4 sets x 15 reps per leg
- **Dumbbell Split Squats:** 4 sets x 15 reps per leg
- **Dumbbell Squat Holds:** 4 sets x 50 seconds
- **Dumbbell Sissy Squats:** 4 sets x 15 reps

Day 5

- **Walking Dumbbell Lunges:** 4 sets x 15 reps per leg
- **Dumbbell Squat Jumps:** 4 sets x 15 reps
- **Dumbbell Overhead Squats:** 4 sets x 15 reps
- **Dumbbell Bulgarian Split Squats:** 4 sets x 15 reps per leg

Day 3

- **Dumbbell Step-Ups:** 4 sets x 15 reps per leg
- **Dumbbell Overhead Squats:** 4 sets x 15 reps
- **Single-Leg Dumbbell Squats:** 4 sets x 12 reps per leg
- **Dumbbell Front Squats:** 4 sets x 15 reps

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