



MAY WORKOUT OF THE MONTH

"McFAUL"

Warm-up 5-10 minutes

Beginners: 1-2 Sets / 6-8 Reps, Intermediate: 3-4 Sets / 10-12 Reps, Advanced: 5-6 Sets / 15-20 Reps

1. SQUAT - From rack with barbell at upper chest height, position bar high on back of shoulders and grasp barbell to sides. Dismount bar from rack and stand with shoulder width stance. Squat down by bending hips back while allowing knees to bend forward, keeping back straight and knees pointed same direction as feet. Descend until thighs are just past parallel to floor. Extend knees and hips until legs are straight. Return and repeat. (**Free-Weight**)

LEG PRESS - Sit on machine with back on padded support. Place feet on platform. Grasp handles to sides. Push platform away by extending knees and hips. Return until hips are completely flexed. Repeat. (**Selectorized**)

2. LEG EXTENSIONS - Sit on apparatus with back against padded back support. Place front of lower legs under padded lever. Position knee articulation at same axis as lever fulcrum. Grasp handles to sides for support. Move lever forward and upward by extending knees until legs are straight. Return lever to original position by bending knees. Repeat. (**Selectorized**)

3. LEG CURLS - Facing bench, stand between bench and lever pads. Lie prone on bench with knees just beyond edge of bench and lower legs under lever pads. Grasp handles. Raise lever pad to back of thighs by flexing knees. Lower lever pads until knees are straight. Repeat. (**Selectorized**)

4. LEG ADDUCTORS - Sit in machine with legs outside of vertical center pads. If available, place heels on foot bars. Disengage and pull lever brace to position legs apart until slight stretch is felt. Engage lever into locked position. Lie back and grasp bars to sides. Move legs together. Return and repeat. (**Selectorized**)

5. LEG ABDUCTORS - Sit on machine with legs inside of side pads. If available, place heels on foot bars. Release and pull lever brace to position legs together. Engage lever into locked position. Lie back and grasp bars to sides. Move legs apart as far as possible. Return and repeat. (**Selectorized**)

6. CALF RAISES - Place shoulders under padded lever. Position toes and balls of feet on calf block with arches and heels extending off. Grasp handles or sides of padded lever. Stand erect by extending hips and knees. Raise heels by extending ankles as high as possible. Lower heels by bending ankles until calves are stretched. Repeat. (**Selectorized**)

Cool Down / 12 Navy Recommended stretches 5-10 minutes