

**Killer Quads**

Karen Sessions, aka: MsFit

Nothing Beats A  
**Great Pair of Legs**

90-Day Pro  
Guarantee

# Killer-Quads.com

*Presents...*

## **5 DEVASTATING Leg Training Disasters That Are Keeping YOUR Legs Underdeveloped!**

Written by Karen Sessions (MsFit), author of Killer Quads – Advanced Leg Training Secrets at [www.Killer-Quads.com](http://www.Killer-Quads.com)

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### About the Author

#### Karen Sessions

Karen Sessions is a multi-certified fitness instructor, 6 time eBook author, success coach, and NPC nationally qualified natural female bodybuilder.



Karen has been in the fitness industry since 1988. She started bodybuilding severely underweight due to a mild eating disorder, anorexia. For recovery Karen began weight training and within months she was able to put on lean muscle weight and totally reshape her body.

Karen spent a lot of time thoroughly researching and educating herself on nutrition of quality, muscle physiology, and every aspect in-between.

Karen took her physique to the competition level for several years, mastering the art of competitive bodybuilding. After a few years of dabbling with various tactics of dieting, cardio, and training she was able to perfect the formula to bring her to 4% body fat naturally, and for those of you who are aware, that's quite an accomplishment without the use of steroids. Karen has won many bodybuilding contests and has qualified nationally in the NPC organization.

Through her website [www.Killer-Quads.com](http://www.Killer-Quads.com) and via online personal training (also available through her website), Karen has thousands of men and women all over the world build impressive physiques, and even those hard to develop legs.



Karen has put hundreds of leg training program through trial and error to extract the exact and precise leg training program to build superior legs in minimal time for men and women.

Karen has taken her leg training knowledge and experience, and jam-packed it into an eBook to help you build muscular legs that will turn every head as you walk by.

### Introduction

Ah, it's leg day. Oh, wait... I bet you are saying it's the "dreaded" leg day. If you are like most people and severely lack stupendous legs, then you are not alone. It seems that 90% of the lifters dread, hate, and even avoid leg training all together. You can spot them... they have totally sweet upper bodies, and as your eyes move down... Nothing. Well, some may have cute little bird legs. This can be seen on men as well as women... The little leg syndrome.

Hey, I know what it's all about. I've been there, too, my friend.

The average lifter in the gym usually does the average leg workout, about 4-6 exercises, 4 sets of 10-15 repetitions. If this is along the lines of your leg training program, then you've probably come to realize that it's not much help in the leg growth department.

One thing remains true with most people training legs... No matter how much you train, how much you rest, or how hard you try... your legs just don't seem to grow.

Does that sound familiar?

I, too, use to completely hate leg day simply because my legs were so underdeveloped. Sure, they gained a little shape over the years, but nothing that could turn heads or win my natural bodybuilding titles.

It's no surprise that to build superior legs, you are going to have to put in dedicated work. No great pair of quads was built by just breezing through a few choice leg machines... No, no... Great legs take work! But, not just hard work, it takes smart work.

If you have ventured into more advanced leg training in hopes to build Killer Quads and haven't achieved any desirable results, you could be falling victim to a few common and devastating leg training errors.

Legs take a lot of training effort, mentally and physically. The legs are the largest muscle group in the body and to get a productive leg training workout, it's going to take a greater amount of stress on the body.

You can't just train legs haphazardly and expect them to grow. You literally have to FORCE them to grow by working harder, overloading poundage at times, sometimes going to complete utter failure... I mean just go ballistic!

Does any of this sound fun yet? I will to some people and it won't to others. Those who embrace it will receive maximum results in very little amount of time.

In my two decades of weight training I've seen all kinds of lifters in the gym, and all kinds of leg training approaches. A few choice devastating leg training mistakes come to mind, and engaging in any of these will severely stop any leg muscle growth. It is extremely important to pay attention, take notes, and NOT make any of these leg training costly mistakes.

Are you ready...?

## Devastating Leg Training Disaster #1

**“You Must Implement The Foundation Builder For Greatness”**

Totally, the first and foremost devastating leg training error a lifter can make in their leg training routine is avoiding the squat. The squat is the king of all leg exercises for leg muscle growth.

Yes, squats can be freaky scary if you are new to lifting, or if you have been lifting for a while, but new to **real** leg training.

If you want those head-turning, Killer Quads and tight glutes you are going to have to squat!

Squats target the entire leg, including the hamstrings, and therefore should be the primary exercise in any leg training program. No other leg exercise puts more sheer muscle on the legs than full-blown squats. Another benefit to squats is they cause your body to release more natural anabolic hormones than any other exercise!

### **Squat Excuses**

There are a few justified excuses for a lifter to avoid the squat such as back and knee injuries and other such factors, but most lifters can squat and should squat.

One common squat excuse is “It hurts my neck.” Well, if your squat performance is wrong, it will hurt your neck. This little squat excuse can be easily squashed by learning proper squat form.

The most important aspect of the squat is your form. A squat performed properly will stimulate all the lower body muscle fibers 100% better than if you perform a squat with poor form.

Squeeze your traps together and place the bar snugly on the flexed traps. This will give the bar a place to rest so you don't have to worry about it, allowing you to give 100% full attention to your squat performance.

Another squat excuse I hear a lot is "squats are dangerous." Hell, if you want to nit-pick, driving a car is dangerous. Look, if you want those masterful legs and you don't have any injuries holding you back from squatting, then SQUAT! The only danger to squatting is poor form.

## **Basic Squat Stance**

A basic shoulder-width stance should do the trick, as it will stabilize the trunk well and play a role in balance. Later, as you advance you can experiment with stance variations, but I suggest not to use excessively heavy loads with fancy foot placement.

Full deep squats are fine, but I prefer those more advanced who know how to squat properly use this type of squat.

If you are new to squatting, squat until your upper legs are parallel to the floor, the rise to the standing position.

## **Newbie Squatting**

Many new lifters will veer from squatting because it is intimidating. A good way to get over the fear of this is to start squatting with the bar only and use a lot of reps. This not only gives you squatting practice, but it also builds your joints.

After several weeks of doing squats using only the bar; try adding a few plates on each end. You just may surprise yourself with the amount of weight you can squat.

A lot of newbie's and those new to squatting prefer squatting on the Smith Machine for their visions of safety and to take the stress off the lower back. While it might make sense, the Smith Squat actually places excess stress on your knees. When you do the Smith Squat you have to push against the bar to ascend, and this is not a natural movement and your knees will pay the price.

And for those who avoid the squats like the plague, they resort to the fallback guy, the almighty leg press.

Yeah, sure... it's nothing to stack a bunch of plates onto the leg press machine and push it. Anyone can load 8 or more plates on the leg press and then brag the amount of weight they push on it. That's a cop out.

If you want to test your true leg strength and power, squat buddy! Once you master the squat, then you have bragging rights! Now don't get me wrong. The leg press machine does have it's place in a leg workout. It is a great tool, if utilized properly.

Okay... I'm sure I pissed people off by now, suggesting that if you want to build your legs you MUST squat. Really, it shouldn't be any surprise.

If you are sick and tired of your skinny and unbalanced legs, you must embrace the squat.

[Learn The Squatting Secrets to Get the Most out of Your Training](#)

### **Devastating Leg Training Disaster #2**

#### **“There Is A Difference Between Supplemental Cardio And Cardio Overdose”**

Another, totally devastating leg training error many lifters make, and this especially applies to women, is doing too much cardio. Cardio does not build muscle. I'm not saying NOT to do cardio, but all too many lifters use excessive cardio when they are trying to build muscle. That's like walking and running... You can't do both at the same time.

If your primary short-term goal for the next 8 months or so is to build dense leg muscle mass, then do just that. Don't do anything that is going to hinder leg growth and development. A couple of light cardio days a week in the 20 minute range won't hurt, but I don't recommend doing much more than that, if your objective is leg muscle growth.

When you do hit the cutting phase and need to implement cardio, add a low amount and gradually increase it as you go along. This is to ensure you don't overdo the cardio and over train your legs.

Tossing in too much cardio too soon will kill your energy, motivation, recovery, etc. This makes it even harder to train and keep your newly developed leg muscle mass.

I find the biggest problem with leg training and cardio is confused goals. One week the lifter wants to build leg muscle and the next week the lifter decides to lean up and cut their legs. This constant goal shifting format goes back and forth each week and nothing is ever achieved except burnout and frustration.

If you want to build great leg muscles, don't freak out over having to chill out on the cardio. You are going to have to get a mind-body grip and know that lowering the cardio is not going to kill you, make you fat, or whatever you conjure up in your mind.

Too much cardio can kill recovery, which equals a null outcome in regards to leg muscle growth.

[Learn the Cardio Secrets to REALLY Cut and Define Your Legs](#)

### Devastating Leg Training Disaster #3

#### “Great Quads Cannot Be Achieved Without Adequate Recovery”

I don't doubt that some lifters train legs hard. I do see them hitting their legs with maximum intensity, getting that pump, sweating like a pig, and walking funny across the gym floor. They do this all the time, and despite all their hard work, they still have no legs to show for it.

This is another devastating leg training mistake many psyched-up lifters make is training legs too much. Overtraining is training legs to the point where you can't handle your normal weight load and your progress dissipates.

Basically, you can't get a pump, your strength is nowhere to be found, you are flat and have no energy, and you are weaker than your little sister.

The leg muscle growth process doesn't have to be complicated, but all too often lifters are screaming out “how many reps, sets, exercises, etc. do I need to build great legs, to build Killer Quads?!”

Before I can give you a direct answer to that, you need to understand that the process of building great leg muscles is a result of direct demands placed upon the working muscles.

Quite frankly, leg muscle growth will occur when you overload the leg muscles, meaning making them work harder than normally accustomed to, NOT working them longer and more often.

While this may not come as a surprise to you, I'm constantly in awe at the mass amount of lifters who want to acquire great legs, but are overtraining them.

You are not going to build great, head-turning legs by training them twice a week. Sure, it's fine to split the hamstrings and quadriceps up and train them separately at times, but engaging in two full-blown leg training sessions a week is only a recipe for disaster, and legs that will not grow.

More is not always better. Yes, I understand it's a tough concept to grasp, but trust me.

You have to understand the laws of muscle growth. It can be summed up quite simply...

You see, there are three phases of muscle growth.

First, the muscle has to be stimulated, and that's done with weight training. This weight training stimulus can be achieved in 20-40 minutes. You don't need to train legs for 2 hours to stimulate them.

Once the leg muscles have been stimulated, that's it. Training is over. The leg muscles have to recover. This is where 90% of the people screw up their leg training growth process. They don't allow for optimal recovery before they train legs again.

The last phase is the actual growth phase and it can only take place AFTER the recovery phase. You must allow the newly trained leg muscles optimal time to recover and repair before you train them again. Failure to do so will result in overtraining the legs and absolutely zero leg growth.

This entire process can take up to a week to complete, depending on level of output employed during the training session.

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All too often, those who want to get their legs lean, defined, and cut will venture on a leg training program, training them twice a week and training them endlessly. This is a massive mistake for leg growth and leg cutting.

Again, more is not better. It's your training technique you use that will cut and define your legs.

[Discover the Ultimate Leg Training Technique to Slice and Dice Your Legs](#)

### Devastating Leg Training Disaster #4

#### “The Basic Fundamentals Can Propel Your Growth”

What if I told you that by eliminating THIS single leg training mistake you could...

- ✔ Catapult your strength
- ✔ Improve leg muscle development
- ✔ Improve your concentration and focus
- ✔ Have faster muscle recovery
- ✔ Boost endurance

I guess you would think I'm trying to sell you the “latest break-through” supplement or something on the black-market or you would think I'm smoking rocks.

Well, one of the most common and forgotten leg training mistakes is dehydration. Water IS a nutrient, as it is needed to grow, build, and survive.

Adequate water intake helps your digestion and elimination process. Water also lubricates your joints and transports nutrients and oxygen to your cells. Every cell, tissue, and organ and most every body process needs water.

Most lifters frantically calculate how many calories they need in their diet, and how many sets and reps they need for their training... and yet they give little, if any concern, to their water intake. The average person loses about 2-3 liters of fluid a day via breathing, sweating, urinating, and moving, and most people don't replace that water loss. Caffeine, alcohol (Never drink alcohol while weight training.) and soft drinks rob water from your body. If you consume these substances you need to be sure to replace this fluid loss as well.

As lifters, we need water in large amounts. Muscle mass is predominately water, about 70%, and a significant water loss will negatively affect your leg training strength and performance. Being properly hydrated is absolutely essential for leg muscle growth and development.

A mere 3% drop in water can cause a 10% drop in muscle strength and muscle endurance. If you lose any more water than this, you'll begin to feel dizzy and nauseated.

To keep your leg muscles working to their full capacity during your leg routine, you need a continuous supply of the good ole' H<sub>2</sub>O. Drink adequate water before, during, and after your leg training.

If you find you sweat a lot during your leg training routine and you fail to replace the fluid loss, your strength level will decline and you may find yourself becoming quite fatigued.

When implementing big movements like squats, stiff-legged dead lifts, Romanian deads, and leg press, take small sips of water frequently, rather than chugging it. These big lifting movements compact the midsection and if you stomach too much water at once during those lifts, it could cause nausea or vomiting.

If you were to do one thing today that would boost your leg training session; that would be to drink adequate water. Poor hydration equals poor muscle growth.

[Imagine Having Jaw-Dropping Quads You Can Be Proud Of](#)

## Devastating Leg Training Disaster #5

### “Calories Fuel Training And Build Muscle”

A common mistake many lifters fall into is failing to eat enough calories to support leg muscle gains. A calorie measures how much energy is produced in the body from the foods eaten. Calories provide fuel for working muscles to develop and grow. And, the more muscle mass you acquire, the more calories are needed.

If you want to build those dynamic, jaw-dropping legs, you are going to have to eat. This is generally easy for the guys. The problem I have is getting the ladies to eat more.

Ladies, fuel for working muscles will not be stored as excess body fat. Just because I'm telling you that you have to eat a little more, you are not going to get fat. You may gain a few pounds, but the extra calories are going to be used by your body to repair the damaged leg muscle tissue. Only a repaired muscle will grow.

If you want the secret to gaining solid leg muscle mass without getting fat, it's to eat whole and natural foods, even organic if you can get them. A diet rich in lean animal proteins, carbs, and non-starchy veggies freshly prepared can be USED by the body for leg building purposes. These foods are rich in nutrients and can be used and metabolized.

You should limit and even avoid junk food, fast food, potato chips, candy bars, ice cream, etc. These items are processed, void of nutrients, and will form body fat rather than muscle.

Since calories are not created equal, quality is vitally important! The amount of calories one needs is dependant on the amount of lean muscle mass one has and the individual's activity level.

Obviously, if you have a lot of muscle you are going to need a lot of calories to spark the leg growth process. Also, if you are a very active person, you are going to need a lot of calories.

So, a quick brief on the breakdown of foods that are going to build those Killer Quads...

**Protein** – Obviously protein is going to be number one here, as it builds and repairs lean muscle tissue. Choose protein items such as chicken, turkey, eggs, lean red meat, fish, 2% milk, cottage, etc.

**Carbs** – Weight training is fueled by sugar that comes from carbs. The best carb choices to choose from are potatoes, sweet potatoes, brown rice, whole wheat products, oatmeal, fruit, etc.

**Fat** – Yes, fat is on the list of leg development. However, the fat you choose should be a healthy, essential fat. Fat choices of quality include fatty fish, nuts and seeds, avocados, healthy oils, etc.

Basically, anything from Mother Nature can be on your list of food options.

[What If You Could Have All the Secrets To Propel Your Quad Gains?](#)

Karen Sessions NSCA-CPT  
MsFit

### **Do YOU Want The Absolute Best Leg Training System Available Guaranteed To Build Great Quads And Rip Them To Shreds?**

If you think you have what it takes, which a passion and that inner drive, to take your leg training to the next level, and [Killer Quads Advanced Leg Training System](#) is just what the trainer ordered.

However, I must warn you. You will develop raw power and sheer strength, far beyond what you have ever imagined. You will be turning heads every where you go and people may even accuse you of being chemically enhanced.

While this free report gave you a few of the basic fundamentals, there's a whole LOT more than this and that's where [Killer Quads](#) can serve as your personal guide to develop those powerful and detailed legs you've always wanted.

That's right. This is the no bull-crap leg training guide. The facts and laid out in black and white. There is no fancy mumbo-jumbo talk to take up space and try to impress you. Killer Quads is straight talk about dieting, training, and supplementing to get the results you want.

Killer Quads is an in-depth, step-by-step leg training system that I personally used to bring my skinny bird legs up to ripped tree trunks in just 8 months, astonishing the bodybuilding judges and blowing away the competition.

Try the [Killer Quads Leg Training System](#) and you'll be the talk of the town!

Karen,

"I just had to say wow, I never felt my legs burn like that before, especially during the standing calve raises, yep almost to tears. It was great. I never did high and low reps combined before; it was fun to do something different. Not only that, it's effective! Killer Quads is my leg training Bible!"

Thanks,

Jamie Lesnesky

Olyphant, PA

Karen!

"YOUR BOOKS ARE FANTASTIC!!!! I have since bought Killer Quads (I'm on week 4). Thank you for putting such invaluable information and instruction out there. The men in the gym are asking me what I am doing different. Isn't it great?"

Sincerely,

Valarie Antor

Michigan

Hi Karen,

"I will be starting week 3 of the Killer Quads program. I can ALREADY tell a difference in my quads even my hams are pumped up a little more. I see some hard definition coming in the front of them and they are more pronounced when I walk (which I REALLY like)."

Megan Roco

Orlando, FL

**You, too, can have these same AMAZING leg development results! Find out how in the Killer Quads Training System at [www.Killer-Quads.com](http://www.Killer-Quads.com)!**