

# The JC Leg Cranks

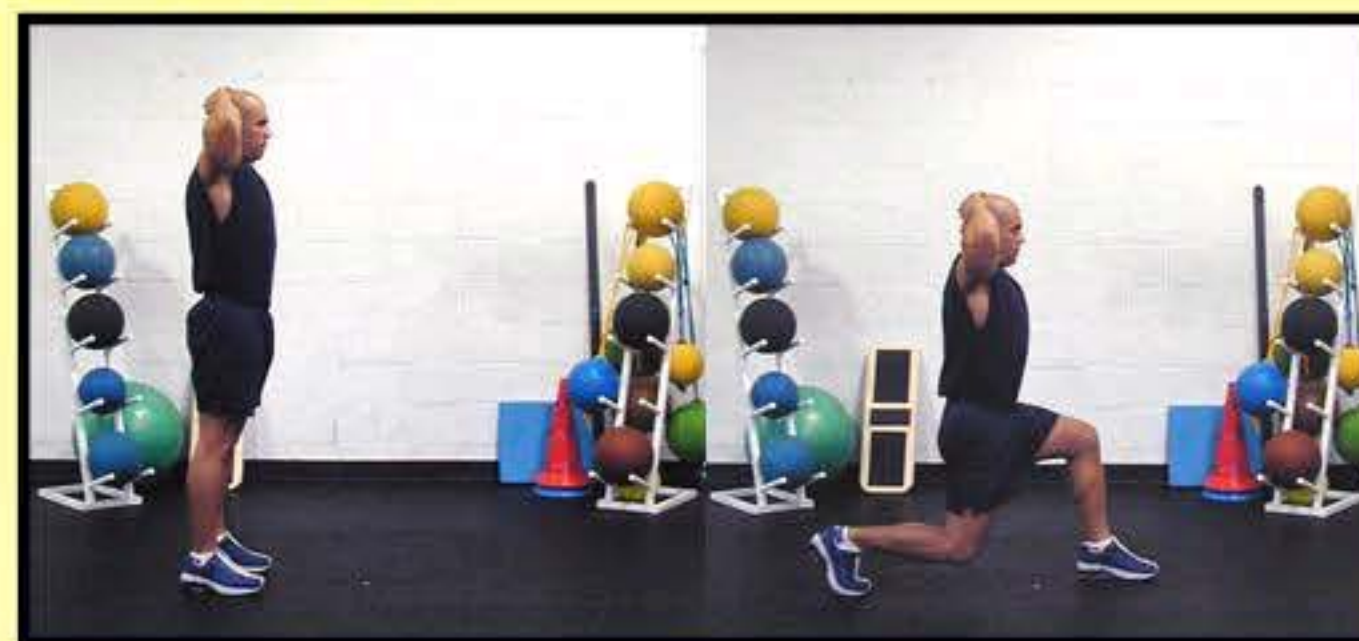
The 'JC Leg Cranks' have put "the thunder back under" in IHP clients for years now. It is our favorite leg protocol to firm, shape, tone, build and provide legs that won't quit on you.

## 1 - Squat



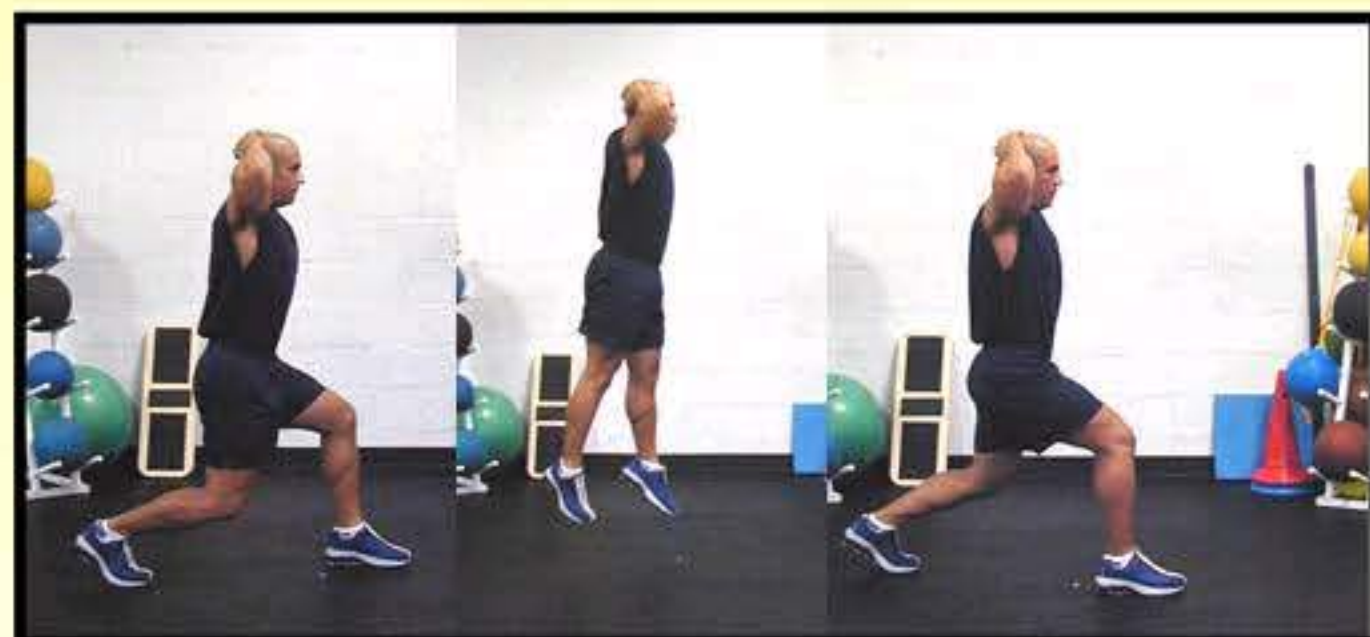
- ✓ Stand with feet shoulder width apart and hands clasped behind head.
- ✓ Squat down to parallel - keep back straight
- ✓ Come back up to a fully extended position
- ✓ Repeat

## 2 - Lunge



- ✓ Stand with feet shoulder width apart and hands clasped behind head
- ✓ Step forward with right foot and lower your body till front thigh is parallel
- ✓ Keep your back straight through the entire movement
- ✓ Step back to the starting position and repeat with left foot

## 3 - Split Jumps



- ✓ Stand in a lunge position, right foot forward/hands clasped behind head
- ✓ Jump up and switch your foot position in mid air
- ✓ Land in a lunge position, left foot forward/hands clasped behind head
- ✓ Repeat

## 4 - Squat Jumps



- ✓ Stand with feet shoulder width apart and hands clasped behind head
- ✓ Squat down to parallel - keep back straight
- ✓ Jump up and land in a squat position
- ✓ Repeat

## How

- |                           |               |
|---------------------------|---------------|
| ✓ Speed Squats –parallel  | 24 Reps       |
| ✓ Alternating Lunges      | 12 (Each Leg) |
| ✓ Alternating Split Jumps | 12 (Each Leg) |
| ✓ Squat Jumps - parallel  | 12 Reps       |

## When

<u>Circuit Progression - Twice per week (Monday and Friday)</u>			
Week	Sets	Recovery between exercise	Recovery between circuit
Wk #1	2 X Circuits	1 Min Recovery	3 Min between circuits
Wk #2	3 X Circuits	45 Sec Recovery	2 Min between circuits
<u>Circuit Progression - Once a week</u>			
Wk #3	4 X Circuits	30 Sec Recovery	90 Sec between circuits
Wk #4	5 X Circuits	15 Sec Recovery	60 Sec between circuits
Wk #5	5 X Circuits	No Sec Recovery	No Rec between circuits
Wk #6	6 X Circuits	No Rec Recovery	No Rec between circuits

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