

You've all seen them...the guy who loads up twelve 45 pound plates on the leg press machine and then proceeds to grunt a lot while actually only moving the sled 4 or 5 inches. No one is ever really impressed, but there is always someone doing that.

Want to really blast your legs? Want to be so sore for the next couple of days you can't actually sit on the toilet...you just kinda fall back onto it?

Well, bust out these four moves on leg day and you'll be cussing me for days...but I promise...you'll be singing my praises when you see changes and feel yourself getting stronger.

#1 NOT YOUR REGULAR STEP UP

Everyone's done a basic step up before. For this though, stand with the bench to your side...we'll say your left side. Hold a dumbbell in your right (outside) hand. No ego here. Pick a light weight at first. 10 or 15 pounds should be plenty. Place your left foot onto the bench slightly in front of you. Just like when doing lunges, you do not want your knee to travel in front of your ankle. Ideally, your thigh and lower leg form a nice 90 degree angle when your left foot is on the bench and your right foot is on the floor. Now, press up with your left leg. Try to eliminate as much body movement as possible. Nice and controlled on the way up. A bit of explosiveness helps, but don't overdo it. When you get to the top of the movement, do not lock out your left knee. This move is made harder because you do not put your right foot on the bench and the weight in your right hand is forcing you off balance so your core muscles are firing too. Squeeze at the top and then lower yourself back to the floor. Do not drop back down. Control the negative and touch down lightly. Do 10 – 15 reps and then repeat on the other side.

You're a stud and that's easy? Turn it up then. As you lower down don't let your foot touch back to the floor. Pause at the bottom without touching then press back to the top.

#2 HARCORE REVERSE LUNGE

You've done lunges before...right? If you haven't, get the hang of those first. You want good form. Don't want to fuck up your knees because you got sloppy with your lunges. But, once you have your lunge mechanics dialed in, you can make a lunge into a devastating core blaster that'll shoot your heart rate through the roof while destroying your legs at the same time.

Grab a plate. Again...no egos here. Get a light weight. 10 pounds will probably be more than enough. Hoist that plate directly over your head. Don't lock out our elbows. Shoulders back. Look straight ahead. Keep your back straight.

Now, make your lunge backwards. Yeah. You read that right. We're shaking things up.

When you get to the bottom of your lunge, pause for a second and make sure you have your balance. Now, keep your arms straight and lean slightly at your waist. Lean to the left and then to the right. Your obliques and entire core will be screaming with this one.

Stay nice and controlled. No fast movements. No jerking around.

Continue lunging backwards. Lean to the left and right while at the bottom of each lunge. 10-15 reps should have you sweating.

#3 THE SQUAT YOU'VE NEVER DONE BEFORE

Grab two dumbbells. One is going to be pretty light and the other should be heavier. Get into a sumo squat position: feet wider than shoulder width and facing out at approximately 45 degree. Hold the heavier weight and let your arm hang between your legs. Raise the other weight above your head.

Pay attention and keep the weight straight over your head and your back straight. Your core needs to stay nice and tight too. Follow strict form. Concentrate on the negative. If you think the weight is too low, slow down the reps. You can make the exercise harder by working the negative. Pause for a second at the bottom, don't bounce, and then push back to the top. Squeeze your glutes and hams at the top. Again, aim for 10-15 reps. Switch the weights between hands for each set.

#4 FLYING SQUAT

This is a pretty crazy squat variation that will fire up your fast twitch muscles and your core. First find a bench that's low enough you can sit on it and your knees are not bent much more than 90 degrees...you want your thighs to be parallel to the floor like if you were doing a squat.

Now, grab a plate and hoist it above your head in both hands. Keep your hands above your head the entire movement. Do not lock out your elbows. Keep your back straight and look forward.

Now sit down on the bench. This is the starting position. Take the pressure off your feet. You don't need to lift your feet off the floor, but you want to be light here. Now explode up. Press your heels into the ground and press straight up and jump. Explosiveness is going to make this exercise work.

You want to land with your feet approximately shoulder width in a traditional squat stance. Now, lower yourself back down to the starting position. Again, like with all of these exercises, concentrate on the negative. Slow and controlled. Once your ass touches the bench, repeat. Light on your feet and then explode to a jump.

Keep your arms above your head and your core tight with your back straight through the entire movement. 10 – 15 reps will have your legs, shoulders and core wondering what the hell is going on.

Do these exercises as a full leg workout, pick one to do as part of a full body circuit, or tack one or two of them onto the end of your leg day to get a hardcore pump.

Just don't come to me whining that I made you tear up at the gym.