



QUADS TALK – Athletes Listen!

Who cares what the Quads have to say?

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Muscle Function 101:

o Next to that guy on the Quad machine in the high school weight room...

Ssshhhh.....Quiet! Listen. Can you hear it?

If you listen really intently you can just about hear the Quads talking can't you?

“Hey this is an interesting machine. Body, I've never really had to sit down on my butt before like this and kick. In fact, this heavy thing at the bottom of my leg is pretty darn weird. I can't believe how hard it gets if you keep doing it! I've been living a pretty long time and been awfully successful until now you know.

I helped you crawl when you were just a baby... and then remember that first time you actually got up from the floor to standing – that was crazy! That was your first squat. Then it just became a blur for me....walking, climbing stairs, up and down from the floor, jumping and then eventually hopping around and playing sports. I've been there for you through thick and thin!

If you want me to do this then I will....but I don't understand why. When we leave the gym will I ever have to kick against a load like this again? What? You said yes? When? 'The next time we come in here to the gym!' That's a dumb answer....I'm talking about in the REAL WORLD!

- Don't let machines at the health club define for you what a muscle does in real life!
- In Applied Functional Science we always ask...

“What is the AUTHENTIC function of this muscle”

- For the Quads that first equals controlling the bend of the knee in standing against gravity's desire to make you collapse to the ground quicker

- Next, for the Quads, it means moving the body back up toward straight, out of the bent position
- For Greg's gymnast example on the radio show that means absorbing the forces of landing, controlling how fast and far that gymnast's knees let them drop towards the floor...and then it means exploding up off the floor for the next tumbling move. Any way you look at it – it's all SQUAT!
- But what about kicking...isn't that "authentic"?
- And remember: Do your quads squat you more or kick more?

Yes, but it occurs in standing or lying in a pool...

and there's no big loads at your ankle are there?

What do YOUR muscles have to say?

Be AUTHENTIC in how you train your body!

Lactic Acid and Muscle Pump \neq Usable Strength (necessarily)

WHAT ARE YOUR MUSCLES SAYING WHEN YOU TRAIN?

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