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Presents...

CHAPTER 1

Written by Karen Sessions, author of
Killer Quads at
www.Killer-Quads.com

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Who am I? I'm Karen Sessions, a multi-certified fitness instructor, eBook author, success coach, and nationally qualified female bodybuilder.

I have been in the fitness industry since 1988. I started bodybuilding severely underweight due to a mild eating disorder, anorexia. Within months I was able to put on lean muscle weight and totally reshape my body. I spent a lot of time thoroughly researching and educating myself on nutrition of quality, muscle physiology, and every aspect in-between.

I took my 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 I was able to perfect the formula to bring me to 7% body fat naturally. I have won many bodybuilding contests and have qualified nationally in the NPC organization.



I have now taken my knowledge and experience and jam-packed it into eBooks to help you on your fitness endeavors, whether it is muscle building, fat loss, overall health, or a simple body transformation.

About Killer Quads

This is a comprehensive guide dedicated those who want to build **muscular and defined legs**. I will reveal to you all the raw information on nutrition, power training, high-intensity training, cardiovascular exercise, and supplements to assist you in creating outstanding legs! The working factor in building and cutting the legs is making all the fitness factors (nutrition, training, cardio, and supplements) work for **YOU!**

Building legs takes time, patience, and **consistency**. If you can put 110% effort into your leg training and nutrition, and you **follow this program**, you can turn your out-of-shape legs into walking shredded tree trunks, in as little as 8-12 months!

What you have in front of you is complete, accurate, and unbiased leg training information. I will present the information in simple terms. However I will dig deeper at times for better understanding. **Before you attempt anything outlined I ask that you read the entire book completely, at least once, so you can get the basic overview.** You may print a copy for **yourself only** as a quick and easy reference guide.

Chapter One

In The Beginning

MsFit's Leg Transformation

I began lifting weights at 17, right after my high school graduation. My main goal at that time was just to get in shape. I was 5'4" and approximately 120 pounds, but I was not in the shape I wanted to be. The weight just wasn't distributed the way I desired.

After joining the local gym I was put on the general, three times a week, full body workout program. I found it boring and unchallenging, but did it any way. After receiving zero help from the training staff at the gym I began reading the latest muscle magazines to change my routine in hopes to produce more gains. Needless to say, everything I read was very general and not targeted to any one concept, just general fitness. I, of course, wanted more.

Talking to other members in the gym helped my training understanding. However, I received ten different approaches and answers from ten different people. I kept plugging away at it, trying different techniques to find what works.

I did lose some weight, and for the most part, shaped up. Then the weight-loss roller coaster turned into a short-term, mild eating disorder, Anorexia Nervosa. I lost even more weight in just a few months, and got very thin while still training. As it became apparent

to my friends and family that I was not eating well or not at all and I was soon confronted. Since I was not too heavily engrossed in the eating disorder, it was not very difficult coming out of it. But, I am not going to say it was easy either.

I began eating more sensible and with the added training, changes came fairly quickly. My muscles began developing and shaping, and I was taking on a whole new look practically every week. I loved the results and I was getting approached in the gym more with compliments.

Then, to my surprise, many people were suggesting I compete in bodybuilding! That was the furthest thing from my mind! All I could compare it to was what I saw on television. However, after attending a local competition, it was obvious that they were not like the women on ESPN's bodybuilding, and that I could do it. My sights were set after that competition.

Before competitions and Killer Quads



I struggled to do my first competition, but without guidance I had no idea how to prepare. I did my best and received 4th place in the women's novice division. I was not too happy with my placement so I entered another competition three weeks later and received 3rd place in the women's novice division.

After that contest I approached the head judge and asked what I could do to improve, and he stated that my legs needed to be larger and more developed. Well, at least I have something to shoot for to be better the next year.

I hit the gym with a new vision, bigger legs. I continued to train and work on my legs the best I knew how. I did get them a bit bigger, enough to get compliments from the judges that competition year. I competed in two contests and got a 2nd place in the women's novice division in a natural contest and placed 4th in the women's novice division in another local show. Again, I was not thrilled about my 4th place so I vowed to come in even better the next year!

After my first year of competing, still no Killer Quads



I trained off-season to better myself to take 1st place. That was my goal! I put 100% in all my body parts, but I put 110% into my legs. I cut my training down to just three times a week, ate to feed the muscle, and used heavy mass builders for the bulk of my training. With all my hard and smart work, I saw results.

I competed in two contests in the women's open division, placing first in both, and took overall in one! I was even approached by a judge again and was complimented on my leg development. Many audience members also noticed the improvement, and gave me motivating compliments. Many also thought I had a **secret**. I do, and I'll reveal it to you shortly.

**After my second year of competing – better legs, but not yet
Killer Quads**



You would think that after reaching my goal of first place, and topping that with overall, that I would retire. I thought to myself, how much better could I get? How else would I know if I didn't try?

From there I worked even harder, and smarter. I put 120% into my leg training in that off-season and really got busy. I made every leg day count, and there were days I could barely walk out of the gym. Not to mention a few times of almost losing my lunch due to the intensity of my training. All my hard work paid off and I entered two national qualifiers and placed first in both, and overall in one.

After my third year of competing – At last... Killer Quads



I did it. I achieved my goal, more than once. I continued to compete a year or two after my winning streak. I used those extra years for experimental dieting purposes, including carb-ing-up, sodium loading, and other tricks.



The primary purpose of *Killer Quads* is to teach you what I did the year that brought my legs from a **good size with definition** to

muscular, ripped, and hard! What I want you to focus on right now is **building**. You can “cut” later. Build a **rock-solid** foundation for your legs so you can have more striations and definition.

The Foundation

When you look at an athlete or a bodybuilder what body part stands out the most, especially if it is well developed?

The legs!

Anyone can build great arms, back, or chest, but the real warriors build powerful quads. Those who possess muscular legs are the true champions!

The fact is nothing beats a **GREAT** pair of legs!

These days, bodybuilding routines are basically overtraining frenzies. All too many lifters are in the gym everyday of the week doing countless sets and repetitions, and many fail to see substantial results.

Muscle responds to stimuli applied, not muscle badgering. Once the muscle is stimulated the work has been done. No amount of exercise after the initial stimulation will provoke enhancement or growth. I can tell you that first hand. My first few years of bodybuilding I was overtraining legs, which was one reason I didn't produce any

dramatic improvement. It wasn't until I backed off training that I started seeing greater results.

Create Proportion for the Total Package

Creating proportion involves more than just trimming the waist, widening the back, and brining out the shoulders. It is also about balancing your lower body with the upper body.

You need to have balanced legs to have outstanding symmetry. Legs are the most powerful muscles in our bodies, and women tend to have more lower body strength than men, and therefore we can capitalize on this trait.

Legs are the foundation of sheer power and pure strength, and a great set of legs will certainly set you apart from the rest. An awesome set of quads is what really makes a bodybuilder outstanding!

Leg training is very popular, and knowing how to effectively train your legs will bring you to greater heights. Building superior legs takes work from the mind and the body, as well as adequate rest and nutrition.

The legs are composed of many muscle fibers. Therefore they take great stimulation, in more than one way, as well as stretching, cardio, and dieting to bring out the deep "cuts" and striations, which I will

address later. If you train properly and consistently, when it comes time to lower the body fat, the “cuts” will shine through. I promise.

Legs are the foundation of the physique, and without the quality leg development your physique will be off balance and lack proportion. As popular as leg training is, it is also the most feared, as well as frustrating.

How many times have you seen a great upper body walk by, only to look down at underdeveloped legs? It just throws the entire physique off. Many times legs are neglected and focus is directed to the chest, back, and arms because they are much easier to train and they appear to respond faster. Many people put a lot of concentration and determination into their upper body training, going all out, to the point of complete failure, but never even break the ground on their leg training.

If you don't challenge your leg muscles, how do you expect them to grow? The quads can be a stubborn body part to initiate growth, but I am convinced, and proof, that if your training is **intense** and **consistent**, then gains will come quicker, and in surprising abundance.

Special Note: If you are hold extra body fat and tend to carry weight in your lower region such as hips and legs, you will gain some size with the “mass building program” since it requires you to eat more and train heavy with more compound movements. If you are aiming to trim up, read through the entire eBook first, then use the “cutting program.”

This is a brief glimpse of Killer Quads. Get your own copy today and start building head-turning legs with my proven no-fail leg training system, guaranteed to give you results fast!

[Download Killer Quads by clicking here!](#)



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 [Killer Quads Training System!](#)