



Muscle Group: Quads

Machine Exercise: Leg Extension

Setting up the machine:



Pull the handle for adjustment of the backrest. Position the backrest so that the knees are aligned with the black pivot point while seated.



Turn the handle for adjustment of the leg pad length. Position the leg pad so that it is aligned just above the ankle.

The Exercise



Sit on the machine with your legs under the pad (feet pointed forward) and the hands holding the side bars. This will be your starting position.



Using your quadriceps, extend your legs to the maximum as you exhale. Pause a second and slowly lower the weight back to the original position as you inhale, ensuring that you do not go past the 90-degree angle limit.



Muscle Group: Quads, Glutes

Machine Exercise: Leg Press

Setting up the machine:



Pull the handle up to adjust the seat length. Position the seat so that the knees make a 90° angle while seated.

The Exercise



Sit down on the machine and place your legs on the platform directly in front of you. Press the platform all the way forward through your heels until your legs are extended in front of you. Make sure that you do not lock your knees. Pull up on the safety bars next to the handles to get a full range of motion. This will be your starting position.



As you inhale, bring back the platform until your upper and lower legs make a 90-degree angle. Control the movement mainly with the heels of your feet back to the starting position as you exhale. Ensure to release the safety bars properly once you are done.

Muscle Group: Quads, Glutes, Lower Back

Machine Exercise: Squat

Setting up the machine:



Pull the handle for adjustment of the shoulder rest. Position the shoulder pad so that it touches the shoulders while in a squatted position.

The Exercise



Step under the pads and place your shoulders underneath it. Hold on to the handles and position your legs using a shoulder width medium stance with the toes slightly pointed out. Lift it up by first pushing with your legs and at the same time straightening your torso. Keep your head up at all times and also maintain a straight back. This will be your starting position.



Begin to slowly lower the bar by bending the knees as you maintain a straight posture with the head up. Continue down until the angle between the upper leg and the calves becomes slightly less than 90-degrees. Inhale as you perform this portion of the movement. Begin to raise the shoulder rest as you exhale by pushing the floor with the heel of your foot as you straighten the legs again and go back to the starting position.



Muscle Group: Glutes

Machine Exercise: Standing Hip Extension

Setting up the machine:



Adjust the platform height so that the hip is aligned with the black centre point. Pull the handle for adjustment of the pad to the 9 o'clock position (3 o'clock for the other side).

The Exercise



Stand on platform with lever fulcrum at height of hip articulation. Face to one side and place back of knee against pad. Hold the handles with hands.



Extend hips and move leg backward as far as possible keeping your hips and torso straight. Slowly return to the start position and repeat.



Muscle Group: Hip Flexor

Machine Exercise: Standing Hip Flexion

Setting up the machine:



Adjust the platform height so that the hip is aligned with the black centre point. Pull the handle for adjustment of the pad to the 4 o'clock position (7 o'clock for the other side).

The Exercise



Stand on platform with lever fulcrum at height just above the knee. Face to one side and place front of thigh against pad. Hold the handles with hands.



Drive your knee up, bringing thigh parallel to the floor keeping your hips and torso straight. Slowly return to the start position and repeat.



Muscle Group: Quads, Glutes

Free Weight Exercise

Dumbbell Squat



Stand up straight while holding a dumbbell on each hand. Position your legs using a shoulder width medium stance with the toes slightly pointed out. Keep your head up at all times and maintain a straight back.



Begin to slowly lower your torso by bending the knees as you maintain a straight posture with the head up, until your thighs are parallel to the floor. The front of the knees should make an imaginary straight line with the toes that is perpendicular to the front. Begin to raise your torso as you exhale by pushing the floor with the heel of your foot mainly as you straighten the legs again.

Barbell Squat



Hold on to the bar using both arms at each side and place it at the back of your shoulders (slightly below the neck). Position your legs using a shoulder width medium stance with the toes slightly pointed out. Keep your head up at all times and maintain a straight back.



Begin to slowly lower the bar by bending the knees and hips as you maintain a straight posture with the head up. Continue down until your thighs are parallel to the floor. Begin to raise the bar by pushing the floor with the heel of your foot as you straighten the legs again.



Muscle Group: Quads, Glutes

Free Weight Exercise

BOSU Ball Squat



Stand up straight on the flat side of a BOSU ball. Position your legs using a shoulder width medium stance with the toes slightly pointed out. Keep your head up at all times and maintain a straight back



Begin to slowly lower your torso by bending the knees as you maintain a straight posture with the head up, until your thighs are parallel to the floor. Begin to raise your torso by pushing the floor with the heel of your foot mainly as you straighten the legs again. Try to keep the BOSU ball steady.