

Muscle Group: Glute, Quads

Machine Exercise: Leg press



Pull out the handle for adjustment of the weight.



Pull the yellow handle to adjust the seat. Move the seat forward/backward so that the legs make a 90° angle when seated.



Have your feet middle or low on the platform at a shoulder width foot stance.



Take a seat on the machine and keep your legs bent in a 90° angle.



Push the seat backwards pushing through the heels. Keep the legs bent at the end, not fully straightening them.



Muscle Group: Quads

Machine Exercise: Leg Extension



Push the button to pull out the handle for adjustment of the weight



Pull the handle to adjust the backseat, in which your knee joint should be aligned with the pivot point.



Pull the handle to adjust the leg pad. Position the pad just above the ankles.



While seated keep your legs in a 90° angle, while holding the handles.



Extend your legs until your legs are straight.



Muscle Group: Quads, Gluts

Machine Exercise: 45° Leg Press



Add or remove weight plates for exercise.



Lay down on the machine with both feet on the platform.



Push the platform up a bit and use the handle to get the safety off.



Lower the platform towards you until the legs are bent in a 90° angle.



Push the platform out through your heels by straightening the legs. Keep the legs bent at the end, not fully straightening them.



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: Hip Abductors (Glutes)

Machine Exercise: Hip Abduction



Push the button to pull out the handle for adjustment of the weight



Lift the platform on one side to adjust the platform height so that hip joint is at the height of the pivot point.



Pull the handle to adjust the angle of the thigh pad.



Stand facing the machine with one foot on the platform and lay the other leg on the pad while crossing the legs.



Kick the leg outwards, while keeping the leg straight. Try to maintain the same posture while facing the machine.

Muscle Group: Hip Adductors (groin)

Machine Exercise: Hip Adduction



Push the button to pull out the handle for adjustment of the weight



Lift the platform on one side to adjust the platform height so that hip joint is at the height of the pivot point.



Pull the handle to adjust the angle of the thigh pad.



Stand facing the machine with one foot on the platform and lay the other leg on the pad.



Kick the leg inwards, crossing the other leg. Try to maintain the same posture while facing the machine.



Muscle Group: Glutes, Lower Back

Machine Exercise



Push the button to pull out the handle for adjustment of the weight



Lift the platform on one side to adjust the platform height so that hip joint is at the height of the pivot point.



Pull the handle to adjust the angle of the thigh pad.



Stand on the platform with one foot and lay the other leg on the pad.



Kick the leg backwards while stretching the body. Keep facing forward.

Muscle Group: Hip Flexors

Machine Exercise



Push the button to pull out the handle for adjustment of the weight



Lift the platform on one side to adjust the platform height so that hip joint is at the height of the pivot point.



Pull the handle to adjust the angle of the thigh pad.



Stand on the platform with one foot and lay the front of your thigh of your other leg against the pad.



Bring your leg in an upwards motion to an angle of 90° with the body.