



Muscle Group: Quads, Glutes

Machine Exercise: Leg Press



Pull out the handle for adjustment of the weight.



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



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



Pull out the handle for adjustment of the weight



Pull the handle to adjust the backseat, so that the knee joint is aligned with pivot point of the machine.



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: Hamstrings

Machine Exercise: Hamstring Curl



Pull the handle to adjust the weight.



For adjustment of the leg pad, use the handle on top.



Lay down on the machine with the leg pad just below the calves. Hold the handles for stability.



While laying down, use the hamstrings to curl up your leg.



Muscle Group: Glutes

Machine Exercise: Cable Hip Flexion



Pull out the handle for adjustment of the weight.



Choose the ankle strap and connect it to the cable.



Stand up straight facing the machine with the strapped leg off the ground.



Kick out the strapped leg backwards while keeping a straight posture.



Muscle Group: Glutes

Machine Exercise: Cable Hip Abduction



Pull out the handle for adjustment of the weight.



Choose the ankle strap and connect it to the cable.



Stand up straight on the side of the machine with the strapped leg in the front.



Kick out the strapped leg to the side while keeping a straight posture.



Muscle Group: Inner Thighs

Machine Exercise: Cable Hip Abduction



Pull out the handle for adjustment of the weight.



Choose the ankle strap and connect it to the cable.



Stand up straight on the side of the machine with the strapped leg in the front.



Kick the strapped leg inwards, crossing the other leg while keeping a straight posture.



Muscle Group: Lower Back

Machine Exercise: Back Extension



Pull out the handle for adjustment of the pads.

Position them on your thighs so that the top of your hips are at the top of the pads while standing on the machine



Start with the body straight and the arms crossed on the chest.



Lower your upper body and straighten it again using your lower back muscles.



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.

Muscle Group: Glutes, Hamstrings and Quads

Trap bar: Squat



Stand in trap bar centre with feet hip-width apart.

Bend hips and knees, reach down and grasp trap bar handles.

Take a deep breath in and tighten cores, as if you are bracing for a punch.



Explosively stand up by straightening hips first followed by knees. Keep core tight and back flat. Tighten glutes at top of rep.



Lower trap bar to ground in controlled manner. Prepare for next rep.