

Your Exercise Routine: Seated Leg Extensions

This next exercise is called a seated leg extension. It is designed to strengthen probably the most important muscle group in your legs, these are called your Quadriceps. These are the muscles in the front of your legs and they are the primary movers that allow you to climb stairs, climb up hills, or even just stand up from a seated position.

To do this exercise we have several different settings on this machine.

The seat back needs to be positioned so that when you're in the seat, your knee lines up comfortably with the axis of rotation on the machine.

We have a pad that goes across the ankles and it should fit just across your ankles, and it should not fit too high on the shins. You want to position the angle of the pad to your leg so that you're straight down from your knee, down to your ankles. You do not want to start this exercise with your knee in a hyper-extended position.

We want to select a level of resistance on this exercise that is going to provide a challenge to the muscles, but is not going to be so heavy that you can't complete 10 to 12 repetitions without good form.

So let's do this exercise together with good form. You want to sit very straight, and then raise your legs up against the pad, stopping just before you maintain a straight leg position.

You do not want to hyper-extend or lock out the knees. So you want to have a slight v-shape in your knees. Stop there, lower it down. And when you lower the weight down you want to make sure that the plates don't touch so you maintain some tension on the muscles.

You want to complete this exercise without hyper-extending your back. If you find that you're hyper-extending your back you're going to want to lower the weight so you can maintain good form with this exercise.

As with our other exercises, we're going to complete 10 to 12 repetitions with good form, take a break and do another set. Let's do 2 more. Last one. Very good. That was awesome!