

# Your Exercise Routine: Leg Press

This next exercise is called a Leg Press. It is designed to strengthen all of the muscles of the lower body including the calf muscles, the hamstring muscles behind the leg, the quadriceps on top of the leg as well as the gluteals, your buttocks.

Most leg press machines will have an adjustment, they'll allow you to adjust either the seat backwards or forwards depending on your height, or the foot pad backwards and forwards. And for today we've adjusted the footpad to match your height.

We want to select the level of resistance on the machine that is going to give your legs a bit of a challenge as you do the exercise so you feel the muscles, but that's not too heavy so that you can't complete 10 to 12 repetitions without maintaining good form.

So let's do this exercise with good form.

So, we're going to start by placing our feet up on the pad so that you have a 90 degree angle at the knee joint. You don't want the knee joints to be hyper-extended.

In terms of the distance between your feet, you want to maintain an equal distance between your ankles, your knees and your hips.

Now what you're going to do is you're going to push the weight forward with your feet, being careful not to lock out the knee joint. Maintain a small bend in the knee and then bring the feet backward and leave some space on the weight stack so they do not touch and there's tension maintained on the muscles. Push forward and come back.

You want to make sure as you do this exercise that you're not straining your back and you're not hyper-extending your back to push forward. If you find that you are doing that, you're going to want to lower the weight and try it again at a lighter weight.

Push forward through the heels. Focus on pushing forward through the heels because that transfers the resistance down through your hamstrings and then through your gluteals. Keep your feet flat on the pad.

As with our other exercises we're going to complete 10 to 12 repetitions, take a break and then do it again. So let's do 2 more. This is your last one. Alright. Bring it down to a rest. Bring your feet down. Very good!