

# Legs(2)

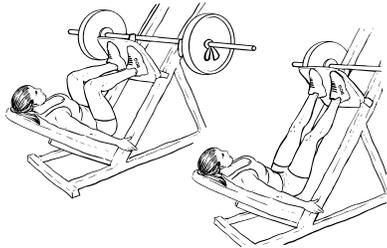
Abs, Arms, Legs

AP

AT P.

Start with 20-30min of cardio (elliptical, stairclimber, bike, treadmill, rowing, etc.)

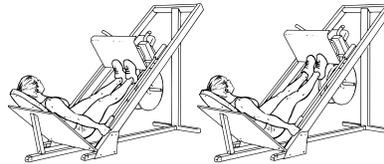
## Leg Press / Machine Squat Press



**2 sets 6 reps 20 lbs**

As heavy as you can manage. DO NOT LOCK YOUR KNEES

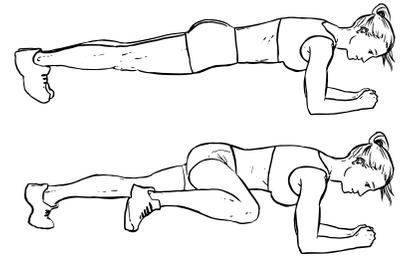
## Leg Press Machine Calf Raises



**2 sets 6 reps 15 lbs**

As heavy as you can manage. DO NOT LOCK YOUR KNEES.

## Plank Knee to Elbow



**3 sets 20 reps 30 sec rest**

20 reps = 10 reps on each side.

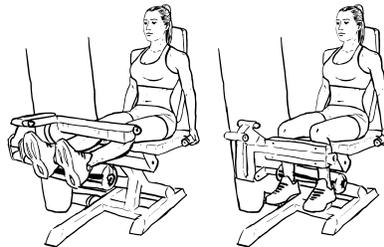
## Plate Overhead Walking Lunges



**3 sets 10 reps 25 lbs**

Start with 25lbs. If it's too heavy/light adjust by 5 pounds. Aim for manageable weight. Pay attention to knee pain

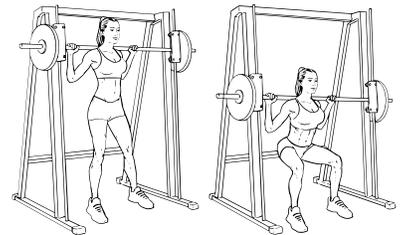
## Seated Leg Curls



**2 sets 10 reps 20 lbs**

Start with 20lbs, adjust by 10lbs until difficult but manageable.

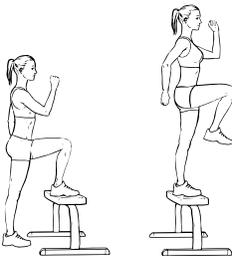
## Smith Machine Squats



**2 sets 8 reps 10 lbs**

The bar has its own weight. Start with just 10 lbs on each side of the bar and adjust by 5lbs until difficult.

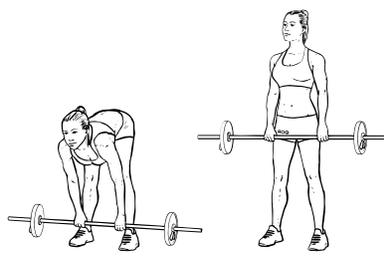
## Step Up with Knee Raises



**3 sets 20 reps 30 sec rest**

You can use a box, bench, chair against a wall, etc. for this.

## Stiff Legged Barbell Deadlifts



**3 sets 8 reps 10 lbs**

The bar has its own weight so start with 10lbs on each side and adjust 5 lbs from there. Manageable weight.



Trail Name Here

## Leg Press / Machine Squat Press

Primary muscle group(s):

**Glutes & Hip Flexors, Quadriceps**

Secondary:

**Calves, Hamstrings**

Sit down on a leg press machine and place your legs on the platform directly in front of you at shoulder width.

Lower the safety bars holding the weighted platform and press the platform all the way up until your legs are fully extended in front of you but do NOT lock your knees. Your torso and legs should be at a 90-degree angle to each other. This is the start position.

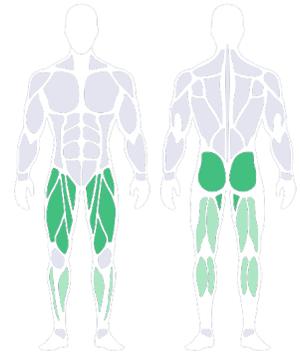
Inhaling, slowly lower the platform until your upper and lower legs form a 90-degree angle. Pause for a count of one,

Return to the starting position by pushing through the heels of your feet, engaging your quadriceps. Exhale as you do so.

Repeat.

After completing the desired number of repetitions, make sure you lock the safety pins of the machine before alighting.

**!** Always check to make sure that when you re-rack the weight the platform is securely locked.



## Leg Press Machine Calf Raises

Primary muscle group(s):

**Calves**

Secondary:

**Quadriceps**

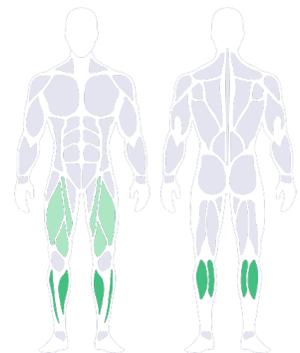
Find a comfortable position on a leg-press machine with your feet placed, flat, about shoulder width apart.

Extend the resistance away from your body until your knees are at an almost locked position (never fully lock your knees).

Further extend the platform away from your body, by driving your toes forward, into a tip-toe position.

Hold this fully-extended position for 1 second, before lowering the platform to your extended-leg, flat-footed position.

**!** Do not perform if you have had recent knee injuries.



## Plank Knee to Elbow

Primary muscle group(s):

**Abs, Glutes & Hip Flexors**

Secondary:

**Obliques, Shoulders**

Lay face down on the ground with extended legs.

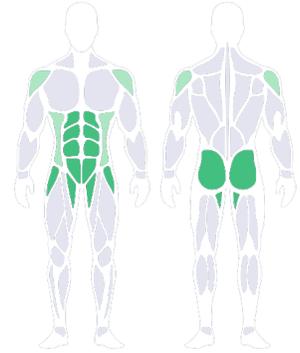
Point your toes while you place your hands beneath your shoulders.

Push yourself up into the plank position.

Maintaining a tight core and flat back, bring your left knee to your right elbow.

Pause and slowly return each to the starting point.

Repeat with the other side and keep alternating.



## Plate Overhead Walking Lunges

Primary muscle group(s):

**Hamstrings, Quadriceps, Shoulders**

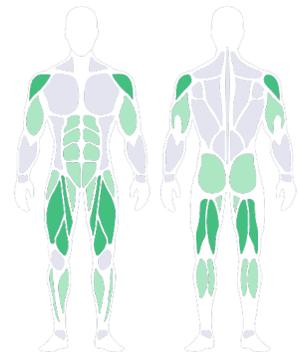
Secondary:

**Abs, Biceps, Calves, Glutes & Hip Flexors, Triceps**

Stand holding a weight plate. Before lifting, contract your abdominal muscles and put a slight bend in the elbows. Lift the plate above your head, maintaining the bend in the elbows.

Contract the core as you step forward with the left leg. Simultaneously, lower the right knee near the ground.

Pause, feel the contraction in your left leg then step forward with the right, returning to the starting position.



## Seated Leg Curls

Primary muscle group(s):

**Hamstrings**

Secondary:

**Glutes & Hip Flexors**

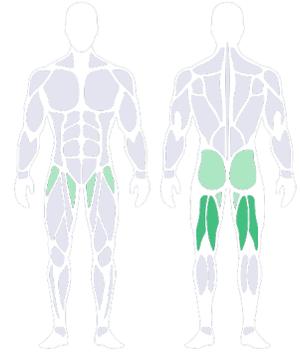
Adjust the seated leg curl machine to position the footpad just above your heels.

Sit upright and engage your abs as you position your legs in front of you.

Begin to curly your legs back slowly towards you and flex your calf muscles as you do so.

Return to the starting position by extending the legs in front of you again.

**!** Tip: Try not to swing the weight or execute the movement too quickly.



## Smith Machine Squats

Primary muscle group(s):

**Hamstrings, Quadriceps**

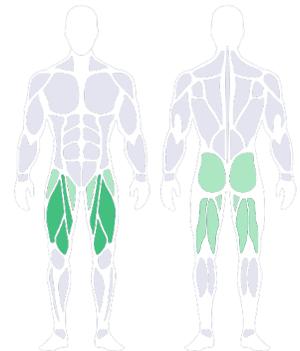
Secondary:

**Glutes & Hip Flexors, Hamstrings**

Begin by positioning yourself underneath a Smith Machine barbell. Make sure the bar is across your upper traps and NOT your neck.

Place your feet at shoulder-width with your toes pointed slightly out. Brace your core and keep your chest up.

Bend first at the knees then at the hips. Lower yourself until your thighs are parallel with the floor. Return to the starting position.



Trail Name Here

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## Step Up with Knee Raises

Primary muscle group(s):

**Hamstrings, Quadriceps**

Secondary:

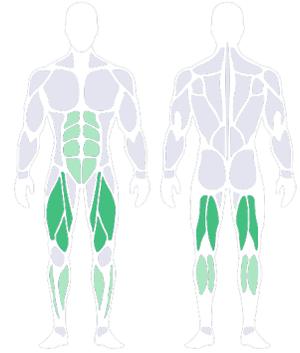
**Abs, Calves**

Place a chair or wooden box in front of you. Brace your core and lower back.

Step up on the box with your left leg, swinging your arms as you do so.

Take your right knee and raise it in front of you, into the air.

Step down with your right leg. Repeat exercise with the other leg. Keeping alternating sides.



## Stiff Legged Barbell Deadlifts

Primary muscle group(s):

**Hamstrings**

Secondary:

**Abs, Glutes & Hip Flexors, Lower Back**

Place a barbell on the floor and stand facing it with your feet shoulder width apart, toes pointing forward and your knees slightly bent. This is the start position.

As you exhale, bend at the waist keeping your back straight and knees slightly bent until you feel tension in your hamstrings.

Grasp the barbell with an overhand grip. Your arms should be fully extended with your hands spaced shoulder width apart.

Lift the barbell by extending your hips and waist in a smooth action until you have returned to the upright position, inhaling as you do so.

Pause for a count of 1-2.

Return the barbell to the floor or just above it by repeating step two.

Repeat.

**!** This exercise should be avoided by those who suffer from lower back problems. To avoid injury, keep your back and torso straight at all times throughout this movement. This exercise can be performed using dumbbells or a straight bar attached to the low pulley of a cable station.

