

Leg Extension



Muscle Group: Legs (quadriceps) | **Sets & Reps:** 3x8 or 3x10 | **Equipment:** Weight machine

Instructions

1. Make adjustments to the machine so that the foot bar is aligned with your ankles.
2. Adjust the weight using the pin.
3. Sit on the seat, hold the handles, and tuck your feet behind the foot bar.
4. Slowly push the leg bar up and extend your legs.
5. With control, return to the starting position with your knees bent.
6. Repeat this 10 times (3 x 10).

Tips & Modifications

- Keep a slight bend in your knees without locking them out while extending your legs.
- Beginner Tip: Start with the lowest weight on the machine to practice the correct motion, then increase weights.



Click here or scan the QR Code to the right to watch video instructions!

