

# Leg Press



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

### Instructions

1. Make adjustments to the machine so that your feet are flat on the platform, and your knees are bent.
2. Adjust the weight using the pin.
3. Sit on the bench and hold the handles.
4. Slowly push your feet against the platform 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.
- Make sure your knees are in a comfortable starting position (not too close or too far away).
- 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 below to watch video instructions!

