

ISOLATED DECLINE LEG PRESS (QUADS)



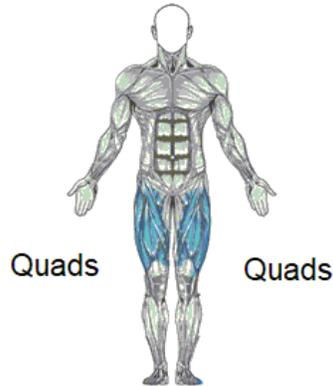
1. Stack a **Decline Leg Press Machine** with your desired weight to be used then sit comfortably with your back pressed against it's back pad. Place the arch of your right foot (top half part) up against the bottom part of the machine's front platform, with your leg fully extended and elevated just at your front. Keep your left leg bent with your left foot stationary on the floor. Hold on to the sidebars next to your seat with your head facing forward. This will be your starting position.
2. Slowly and carefully press the machine's platform with your feet just a few inches up to be able to unlock the weight safety pins by rotating both handles next to your seat, outwards.
3. Now that the platform is unlocked and weighing down against your right foot, slowly bring the weight down and towards your torso by unlocking your right knee, while keeping your right quads muscles fully engaged and in full control of the weight. Keep bringing down the weight until the front of your right thigh is just a few inches away from your midsection. Your left foot should remain neutral and stationary on the floor throughout the entire movement.
4. Press the platform with your right foot while using your right leg's quads muscles to push the weight all the way back up to it's starting position (without moving your feet from their designated spots) and while keeping your quads muscles fully engaging and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.
6. Switch legs and perform the same exact motion for the same amount of repetitions with your other leg.

CAUTION: NEVER stack up a machine too heavily when performing this exercise to avoid getting any knees, quads, hips and/or lower back injury. STOP immediately if you felt any sharp knee and/or lower back pain. Be very careful when unlocking/locking the weight safety pins when starting/finishing this exercise to avoid injury.

ALTERNATIVE EXERCISES: [Isolated Seated Leg Press](#) / [Bench Dumbbell Step-Ups](#) / [Isolated Leg Extensions](#)

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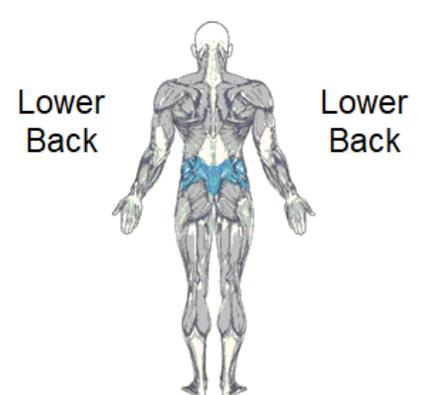
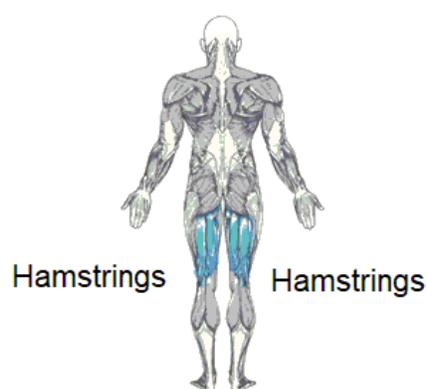
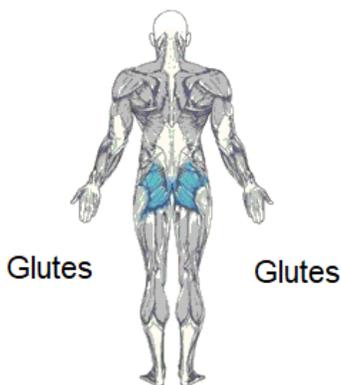
PRIMARY MUSCLES



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%80** when performing this exercise.

SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%20** when performing this exercise.

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