

SEATED LEG PRESS (HAMSTRINGS)



1. For this exercise you will need to use a **Seated Leg Press Machine**.
2. Adjust the weight stack on the machine to your desired resistance to be used then sit comfortably with your back pressed firm against it's back pad and your knees bent at about a 90-degree angle. Place your feet firm against the top part of the machine's front platform, with your feet spread at about hips width apart. Hold on to the sidebars next to your seat with your head facing forward. This will be your starting position.
3. Start pressing with your heels against the front platform while engaging your hamstrings & glutes muscles to push your body all the way to the back until your legs are almost fully extended. Your torso should remain straight and stationary on the machine throughout the entire movement.
4. Slowly bring yourself back to your starting position by flexing your knees forward (without moving your feet/heels from their designated spots) while keeping your hamstrings & glutes muscles fully engaged and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.

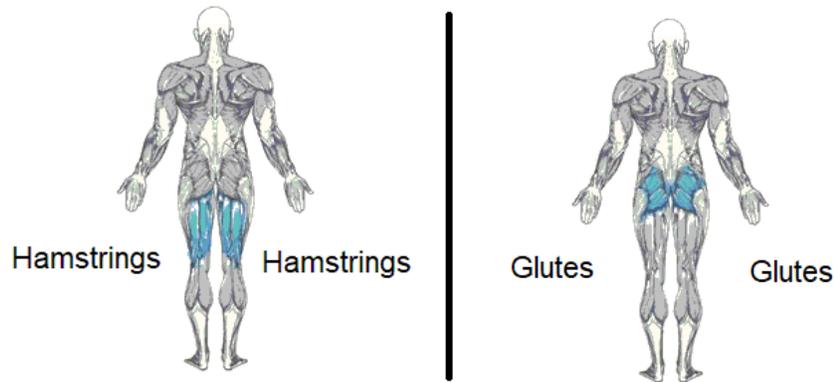
CAUTION: NEVER use a heavy weight setting when performing this exercise to avoid getting any knees, hamstrings, quads, hips and/or lower back injury. STOP immediately if you felt any sharp knee and/or lower back pain.

ALTERNATIVE EXERCISES:

[Seated Leg Curls](#) / [Lying Leg Curls](#) / [Barbell Stiffleg Deadlifts](#) / [Dumbbell Stiffleg Deadlifts](#)

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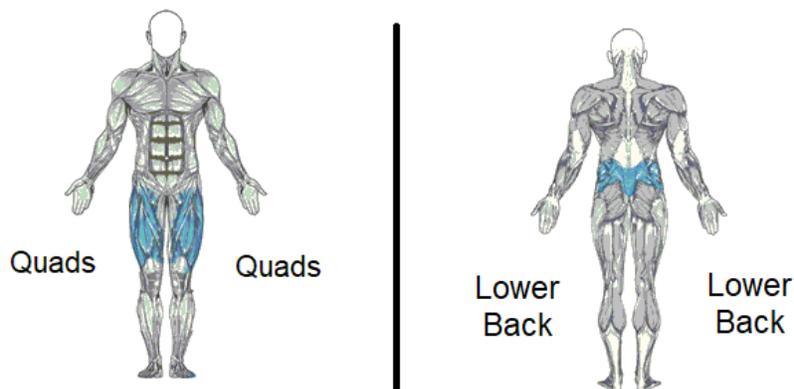
PRIMARY MUSCLES



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 **%60 - %70** 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 **%30 - %40** when performing this exercise.

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