

LEG EXTENSIONS



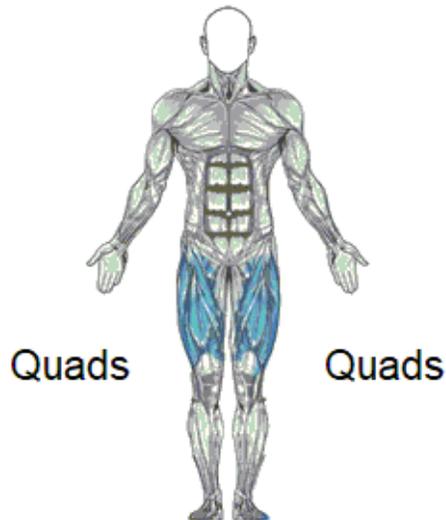
1. For this exercise you will need to use a **Leg Extension Machine**.
2. Adjust the weight stack of the machine to your desired resistance to be used then sit comfortably with your back pressed firm against it's back pad, then adjust the machine's lever to fit your height -place the lever just above your feet. Your legs should be at a 90-degree angle between your lower and your upper legs. Your feet should be flexed and pointing forward, with your hands holding on to the machine's side bars. This will be your starting position.
3. Use your quads muscles to fully extend your legs forward while ensuring that the rest of your body remains stationary on the seat.
4. Slowly bring your lower legs back down to their starting position while in full control and while keeping your quads 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 and/or quads injury. Do NOT swing or jerk the lever in anyway, but rather execute slow and controlled movements to gain the best out of this exercise. Make sure both your feet stay 'flexed' and pointing forward throughout the entire movement. STOP immediately if you felt any sharp knee pain.

ALTERNATIVE EXERCISES: [Dumbbell Squats](#) / [Seated Leg Press \(Quads\)](#) / [Swiss Ball Dumbbell Squats](#)

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PRIMARY MUSCLE



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

Muscle engagement should be **%100** when performing this exercise.



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