

DECLINE LEG PRESS (QUADS)



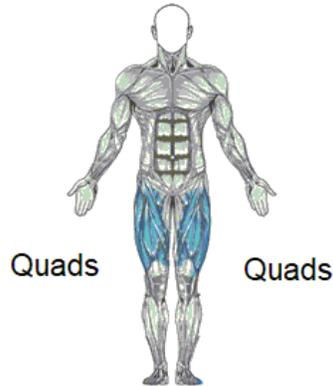
1. Stack a **Decline Leg Press Machine** with your desired weight to be used then sit comfortably with your back pressed against it's back pad. Place the arch of your feet (top half part) up against the bottom part of the machine's front platform, with your feet spread at about hips width apart and your legs fully extended and elevated just at your front. 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 feet, slowly bring the weight down and towards your torso by unlocking your knees, while keeping your quads muscles fully engaged and in full control of the weight. Keep bringing down the weight until the front of your thighs are just a few inches away from your midsection.
4. Press the platform with the arch of your feet while using your 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.

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: [Seated Leg Press \(Quads\)](#) / [Dumbbell Squats](#) / [Leg Extensions](#)

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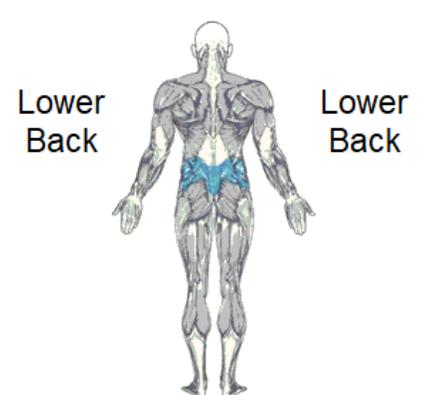
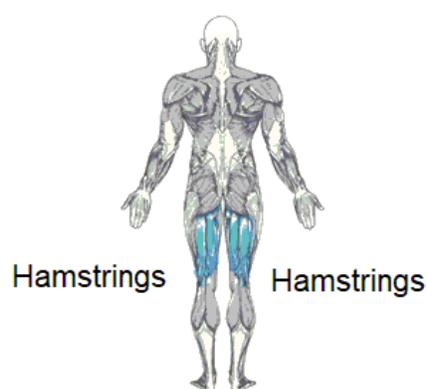
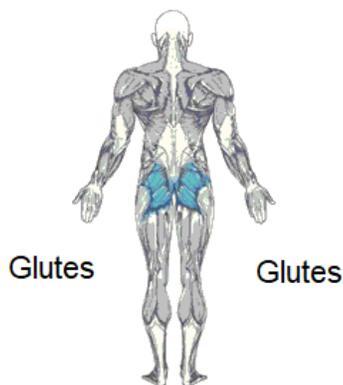
PRIMARY MUSCLES



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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