

DECLINE LEG PRESS (HAMSTRINGS)



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 your heels up against the middle part of the machine's front platform, with your heels 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 heels 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 heels, slowly bring the weight down and towards your torso by unlocking your knees, while keeping your hamstrings & glutes 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 chest.
4. Press the platform with your heels while using your hamstrings & glutes muscles to push the weight all the way back up to it's starting position (without moving your heels from their designated spots) and while keeping your hamstrings & glutes muscles fully engaging and under constant tension.
5. Repeat this motion for the recommended amount of repetitions.

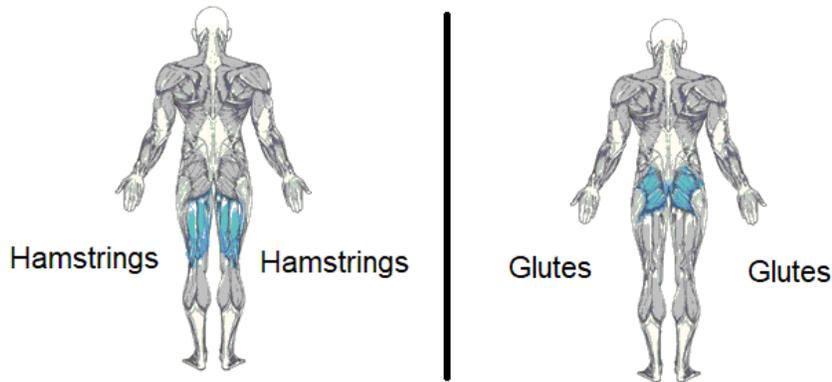
CAUTION: NEVER stack up a machine too heavily when performing this exercise to avoid getting any heels, hamstrings, hips, glutes, knees, quads and/or lower back injury. STOP immediately if you felt any sharp knee and/or lower back pain. Be very careful when unlocking/locking the weight safety pins when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

ALTERNATIVE EXERCISES:

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

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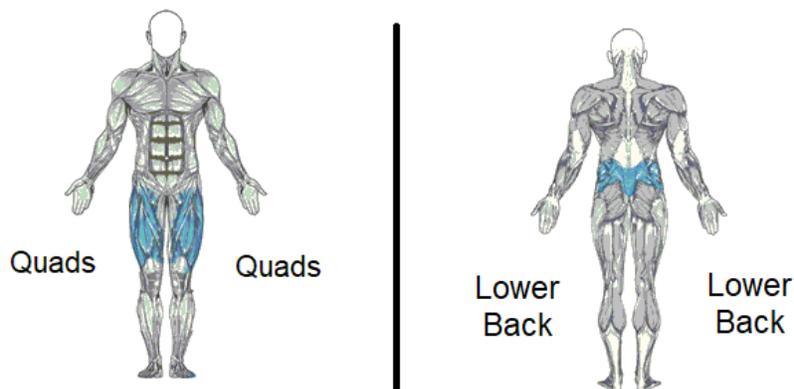
PRIMARY MUSCLES



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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