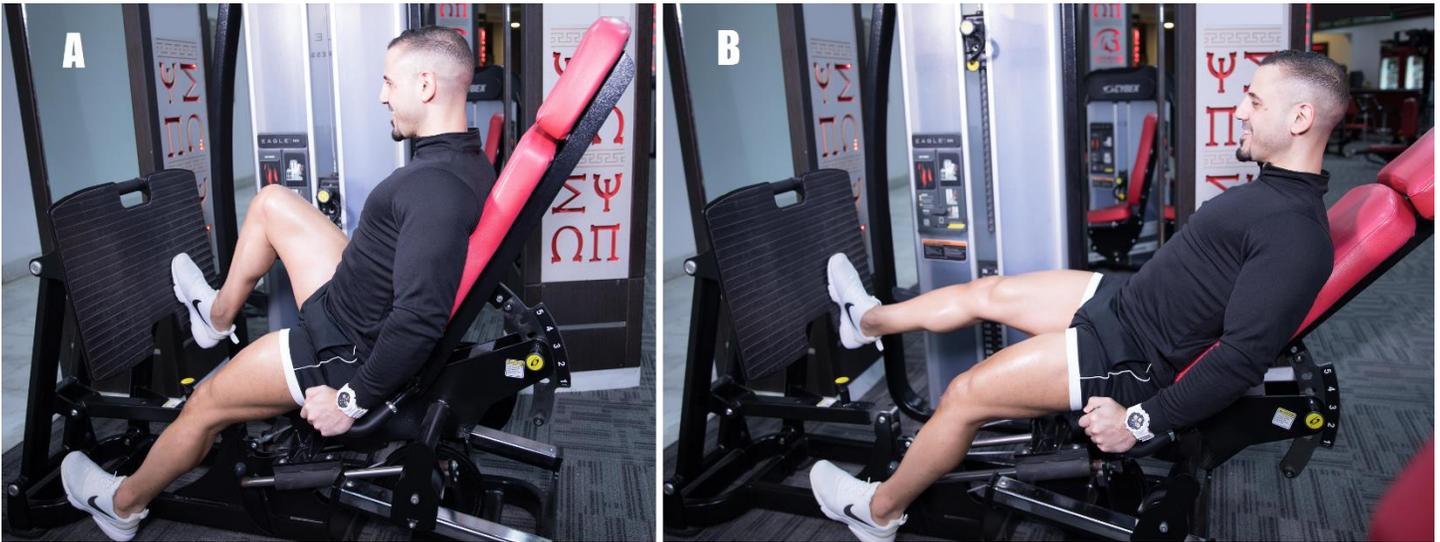


ISOLATED SEATED LEG PRESS (QUADS)



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. Place your right foot against the lower part of the machine's front platform, with your right leg completely bent and you left leg partially extended just below the machine front platform. 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 right foot against the front platform while fully engaging your right quads muscles to push your body you all the way back until your right leg is fully extended. Your torso should remain flat and stationary on the machine throughout the entire movement.
4. Slowly bring yourself back to your starting position by flexing your right knee forward (without moving your foot from it's designated spot) while keeping your right quads muscles fully engaged and under constant tension, and with your left leg remaining stationary.
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.

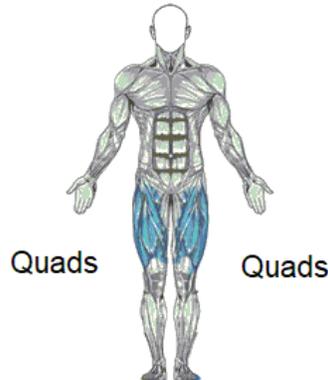
CAUTION: NEVER use a heavy weight setting when performing this exercise to avoid getting any knees, quads, hips and/or lower back injury. STOP immediately if you felt any sharp knee and/or lower back pain.

ALTERNATIVE EXERCISES:

[Bench Dumbbell Step-Ups](#) / [Dumbbell Reverse Lunges](#) / [Isolated Leg Extensions](#)

ISOLATED SEATED LEG PRESS (QUADS)

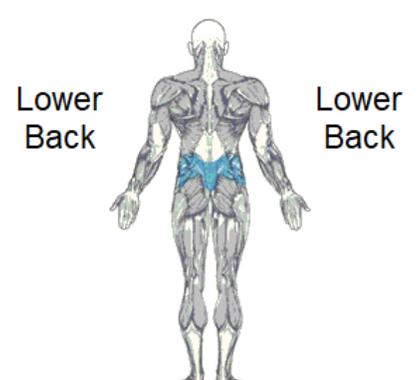
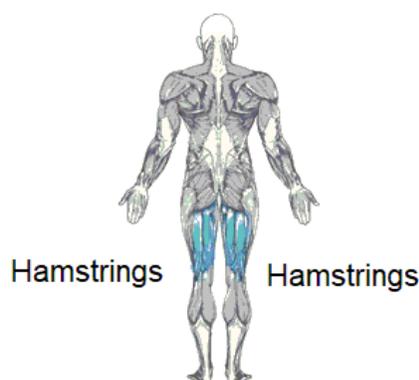
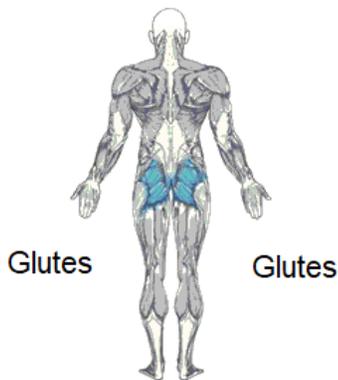
PRIMARY MUSCLES



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.

ISOLATED SEATED LEG PRESS (QUADS)



YOUR_BEST_STARTS_HERE

www.fitnesslegacy.net