



LEG EXERCISES



LUNGES & REVERSE LUNGES- Stand in a split stance, with feet about 3 feet apart. (You want both knees to be at about 90-degree angles at the bottom of the movement, so adjust accordingly). Bend the knees and lower the back knee toward the floor, keeping the front heel down and the knee directly over the center of the foot. Keep the torso straight and abs in as you push through the front heel and back to starting position. Do not lock the knees at the top of the movement. Perform 1 to 3 sets of 10 to 16 reps according to your fitness level and goals.

LEG PRESS- Start by placing your feet on the platform. When you are slowly releasing the weight, you will want to be able to lower to a point where your knees are at 90 degrees and the weight you are lifting has not touched the rest of the stack. A leg press is an assisted squat exercise, so the technique is almost identical to a squat. Be sure your feet are positioned between hip- and shoulder-width apart. Make sure your body weight is equally distributed on all four corners of your feet. Ensure that when you are in a fully loaded squat position that your knees do not extend past your toes. Keep your abdominals contracted. Complete 8-15 repetitions.

