

Personal Training by Robert J. Bovee

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A. Emphasis. The primary muscles stressed in the movement are the muscles in your upper leg (quads, hamstrings, buttocks). The secondary muscles stressed are your stomach muscles and lower back.

B. Starting Position. Sit in the seat with your back against the seat and your feet up against the platform. Push the platform up until your legs are straight. **Never** lock out your knees in this position. Flip out the outside handles and hold on to the inside handles.

C. Movement. Take **2 to 3** seconds to lower the platform until your shin is **parallel** to the floor (or just past parallel). Press the platform back up to the starting position. Squeeze your abdominals, quadriceps and glutes hard before repeating the exercise.

D. Training Tips.

- 1) Contract your abdominals throughout the entire movement. This will help support your lower back.
- 2) Do not let your hip/buttocks lift up off the seat. This will increase the stress placed on the lower back.
- 3) If there are **2** sections of the platform that can be used - upper and lower, the lower level is generally used for an all around lower body exercise. The upper level can be used for individuals with knee problems and for anyone who may want to work their hamstrings more.

E. Options.

There are **3** stances that can be used for this exercise.

- 1) **Close Stance** - The feet are placed **1 to 2** inches apart. Concentration is on the Vastis Lateralis (outer thigh).
- 2) **Medium Stance** - The feet are placed shoulder width apart. Concentration is on the entire quad, hamstring and glutes.
- 3) **Wide Stance** - The feet are placed just outside the width of the shoulders. Concentration is on the Vastis Medialis (inner thigh).

F. Warning Tips.

- 1) Never lower the weight down to a point where your hips raise up off the floor. This can cause serious injury to your lower back.
- 2) **Do not** lower the weight any faster than **2 to 3** seconds. You must be in control at all times. The faster you perform this movement, the less control you will have which in turn will increase your risk of injury.