

Personal Training by Robert J. Bovee

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LEG EXTENSION

A. Emphasis. This movement is very effective in isolating the muscles in the front of your upper leg (quadriceps).

B. Starting Position. Sit on the seat with your back against the seat. Place the back of your knees against the edge of the seat. Place the top of your foot and the lower part of your shin up against the footpads. Your knees should now be at **90** degrees. Hold the handles on the side to keep your upper body stable and in an upright position.

C. Movement. Push the footpads up until your legs are straight. Hold in this position for one second. Contract your quads hard and take **2** to **3** seconds to lower the pads back to the starting position.

D. Training Tips.

- 1) Keep your toe up and ankles flexed throughout the entire movement.
- 2) The leg pad should be adjusted to a position where it will rest just above your ankles.
- 3) The seat should be adjusted to a position where your knees are even with the pivot point of the leg pad arm.
- 4) Do not arch your back when performing this exercise. This will reduce the stress placed on the lower back.
- 5) You can do single leg extensions for rehab purposes **only**. Be very careful, this can hurt the lower back.

E. Options. Rehab

- 1) Some leg extension machines have adjustments on them for rehab purposes. The leg pad can be adjusted to limit the range of motion you might have due to an injury or surgery.

F. Warning Tips.

- 1) **Do not** arch your back during this movement. This can cause an 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 during this movement. The faster you perform this movement, the less control you will have which in turn will increase your risk of injury.