

Leg Extension



Fig. 1



Fig. 2

Lifting Technique:

1. **Select desired weight**
2. **Adjust roller pad to sit at the top of your ankles when legs are extended from a seated position**
3. **Place feet behind the roller [Fig. 1]**
 - Sit with knees back to the edge of the pad and gripping handle bars
 - Sit with back straight and abdominals and low back muscles flexed for stability
4. **Extend the legs up without locking the knees or hyperextending the legs to lift the weight [Fig. 2]**
5. **Flex at the knees to allow the weight to lower and work the muscles through the full range of motion**
6. **Complete the repetitions**

For more detailed information, as well as visual examples of techniques, go to the computer in this facility and click on "Exercise Guide".

If you feel pain, dizziness, or shortness of breath at any time during this exercise or any other equipment, you should STOP exercising & contact your physician. Alert gym staff if assistance is needed.

***Muscles Trained:
Quadriceps***

