

Leg Press



Fig. 1



Fig. 2

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.

Lifting Technique:

1. Set desired weight
2. Adjust weight
3. Adjust seating according to your flexibility
4. Place feet midway on the plate approximately shoulder width apart [Fig. 1]
 - May use to train the calves or gastrocnemius, soleus, and achillies tendon
 - Place feet at the bottom of the plate with heels off the bottom
 - May emphasize inner and outer calf by placing the heels together or apart
 - Keeps knees soft on extension
5. Extend legs [Fig. 2]
6. Complete repetitions

