

# STRENGTH TRAINING FOR THE LEGS

**1 THE SQUAT**

**How to perform the squat:**

- Stand with feet shoulder-width apart, toes slightly out.
- Place the barbell across your upper back, resting on your shoulders.
- Keep your back straight and your head up.
- Lower your body by pushing your hips back and down.
- Push your feet into the floor to return to the starting position.

**Benefits:**

- Strengthens the quadriceps, hamstrings, and glutes.
- Improves balance and coordination.
- Increases bone density.

**Precautions:**

- Do not squat with a rounded back.
- Do not squat too deep.
- Do not squat with your feet too close together.

**Common mistakes:**

- Rounding the back.
- Not keeping the feet flat on the floor.
- Not lowering the body enough.

**2 FRONT SQUATS**

**How to perform the front squat:**

- Stand with feet shoulder-width apart, toes slightly out.
- Place the barbell in front of your knees, resting on your palms.
- Keep your back straight and your head up.
- Lower your body by pushing your hips back and down.
- Push your feet into the floor to return to the starting position.

**Benefits:**

- Strengthens the quadriceps, hamstrings, and glutes.
- Improves balance and coordination.
- Increases bone density.

**Precautions:**

- Do not squat with a rounded back.
- Do not squat too deep.
- Do not squat with your feet too close together.

**Common mistakes:**

- Rounding the back.
- Not keeping the feet flat on the floor.
- Not lowering the body enough.

**3 INCLINED LEG PRESS**

**How to perform the inclined leg press:**

- Lie on your back on an inclined bench.
- Place your feet flat on the floor, shoulder-width apart.
- Place a weight on your knees.
- Push the weight up with your legs.
- Lower the weight back down.

**Benefits:**

- Strengthens the quadriceps, hamstrings, and glutes.
- Improves balance and coordination.
- Increases bone density.

**Precautions:**

- Do not press with a rounded back.
- Do not press too deep.
- Do not press with your feet too close together.

**Common mistakes:**

- Rounding the back.
- Not keeping the feet flat on the floor.
- Not lowering the weight enough.

**4 LEG EXTENSIONS**

**How to perform the leg extension:**

- Sit on a machine with your legs extended forward.
- Place your feet on the machine's footplate.
- Push the weight up with your legs.
- Lower the weight back down.

**Benefits:**

- Strengthens the quadriceps.
- Improves balance and coordination.
- Increases bone density.

**Precautions:**

- Do not extend with a rounded back.
- Do not extend too deep.
- Do not extend with your feet too close together.

**Common mistakes:**

- Rounding the back.
- Not keeping the feet flat on the floor.
- Not lowering the weight enough.

**5 LYING LEG CURLS**

**How to perform the lying leg curl:**

- Lie on your back on a machine.
- Place your feet on the machine's footplate.
- Pull the weight up with your legs.
- Lower the weight back down.

**Benefits:**

- Strengthens the hamstrings.
- Improves balance and coordination.
- Increases bone density.

**Precautions:**

- Do not curl with a rounded back.
- Do not curl too deep.
- Do not curl with your feet too close together.

**Common mistakes:**

- Rounding the back.
- Not keeping the feet flat on the floor.
- Not lowering the weight enough.

**6 STANDING Calf Raises**

**How to perform the standing calf raise:**

- Stand on a machine with your feet flat on the floor.
- Place your feet on the machine's footplate.
- Push the weight up with your legs.
- Lower the weight back down.

**Benefits:**

- Strengthens the calf muscles.
- Improves balance and coordination.
- Increases bone density.

**Precautions:**

- Do not raise with a rounded back.
- Do not raise too deep.
- Do not raise with your feet too close together.

**Common mistakes:**

- Rounding the back.
- Not keeping the feet flat on the floor.
- Not lowering the weight enough.

**7 SEATED Calf Raises**

**How to perform the seated calf raise:**

- Sit on a machine with your feet flat on the floor.
- Place your feet on the machine's footplate.
- Push the weight up with your legs.
- Lower the weight back down.

**Benefits:**

- Strengthens the calf muscles.
- Improves balance and coordination.
- Increases bone density.

**Precautions:**

- Do not raise with a rounded back.
- Do not raise too deep.
- Do not raise with your feet too close together.

**Common mistakes:**

- Rounding the back.
- Not keeping the feet flat on the floor.
- Not lowering the weight enough.

**8 MACHINE LEG CURLS**

**How to perform the machine leg curl:**

- Lie on your back on a machine.
- Place your feet on the machine's footplate.
- Pull the weight up with your legs.
- Lower the weight back down.

**Benefits:**

- Strengthens the hamstrings.
- Improves balance and coordination.
- Increases bone density.

**Precautions:**

- Do not curl with a rounded back.
- Do not curl too deep.
- Do not curl with your feet too close together.

**Common mistakes:**

- Rounding the back.
- Not keeping the feet flat on the floor.
- Not lowering the weight enough.

# Strength Training For The Legs Poster

**M Woodhall**



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