

Lower Body Strength Session 2

Exercise	Reps x Sets	Teaching Points
Leg Press	12 - 15 x 3	<ul style="list-style-type: none">• Set the machine up so that when your feet are on the platform, your knees and hips are at 90 degrees (there will be instructions on the machine to assist with this)• Your feet should be hips width apart and your back flat against the back rest• Keep your feet flat on the platform and push into the platform, straightening your legs• Fully extend your legs but keep your knees soft• Keep your knees inline with your ankles and your feet flat on the platform as you go through the movement.
Squats	12 - 15 x 3	<ul style="list-style-type: none">• Stand tall with your feet shoulders width apart, facing forward• Keeping your feet flat on the floor, bend your knees and push your hips backwards and lower down into a squat position• Stand back up straight keeping your chest up and back straight throughout the movement
Walking Lunge	12 - 15 x 3	<ul style="list-style-type: none">• Stand tall with your feet hips width apart, facing forward• Take a step forward with your right foot and bend both knees to 90 degrees• Keep your right foot flat but left your left heel lift off the floor• Using both legs and your glutes, push off with your both feet and step forward with your left leg• Place your left leg on the floor and lower both knees down to 90 degree

Leg Extension	12 - 15 x 3	<ul style="list-style-type: none">• Set the machine up so that your knees are in line with the pivot point on the machine and the leg pad is resting above your ankles (there will be instructions on the machine to assist with this)• Keep your back flat against the back rest and your bottom down on the machine• Raise your legs up in a controlled way, keeping the pad on your legs• Slowly lower your legs back down, careful not to let the weights bang
Leg Curl	12 - 15 x 3	<ul style="list-style-type: none">• Set the machine up so that your knees are in line with the pivot point on the machine• Keep your back flat against the back rest and your bottom down on the machine• Pull your legs down and underneath your body and then slowly control your legs back up, careful not to let the weights bang