

## HOW TO PERFORM A LEG PRESS

### **MUSCLES WORKED**

QUADRICEPS, GLUTES, HAMSTRINGS,  
CALVES



1. Take a seat on the leg press machine and adjust the seat if needed so that your knees are at least at a 90-degree angle when your back is flat against the support.
2. Plant both feet firmly on the plate around shoulder width apart, pin your back against the support, and grip the handles.
3. Engage your core by pulling the belly button towards the spine, then drive through the heels and extend your legs – think about pushing the plate away from you.
4. Stop when the legs are extended but with a soft bend in the knees to avoid locking out the knees.
5. Take a short pause before lowering yourself towards the plate until you've reverted to the starting position.

## **TIPS:**

While the leg press has reduced risk of injury compared to free weight exercises like the squat, it is still important to maintain correct form to maximise benefits and minimise injury risk.

A common mistake with the leg press is going to a depth that results in flexion of the spine, which moves tension away from the legs into the lumbar spine.

To avoid this, engage the core to press the back flat against the seat, and slowly lower the plate, stopping once you feel the lower back begin to lose contact with the seat.

Another mistake made is pressing the plate through the balls of the feet, rather than driving the force through the entire foot.

This shifts tension away from the target muscles, making the leg press less effective. If you struggle to keep your heels planted throughout the exercise, lighten the load.

## **CHOOSING YOUR WEIGHT**

Find a weight that allows you to complete your desired reps close to failure, for example if you are aiming for 10 reps, choose a weight that you can only complete 10-12 with good form.