

## **Muscle Strengthening at the Gym (Leg Extensions)**

**(Dave Patania)**

Denise is going to begin by working on her legs with this machine. It's called the leg extension.

This one really strengthens your quadriceps--you know those muscles on the front of the thigh.

Sit on the machine and put your ankles behind the lower pad. You may need to adjust the length of the lever arm so that the pad sits right above the bend of the ankle.

One way to tell if you have the seat adjusted correctly is to make sure your knee joint comes right inline with the axis or center portion of the machine. Grip the handles lightly, then lift, and extend your legs straight out with a smooth, controlled motion. Be careful not to lock out your knees. Pause, and return to the starting position.

Be sure you're using only the muscles in the front of your thigh and don't lean forward or pull back with your trunk, shoulders, or head.