

# MAN YOUR UP LEGS IN 6 MINUTES

The lower body encompasses your biggest and strongest muscles. Strong lower body muscles protect hip, knee and ankle joints, enable you to work your cardiovascular system efficiently and – let's face it – give you better visual appeal. BodyTech Gym founder Peter Rana delivers a leg routine that simply gets you there faster.

## 3 REP RULES

**ONE:** Select a weight load that you can do for a minimum of 10 repetitions but no more than 12. Ensure you go to absolute muscular failure (MF). Don't simply stop because you've reached a predetermined repetition range.

**TWO:** Eliminate any momentum. Move in a slow controlled manner by lifting the weight in 2 seconds and lowering it in 4 seconds.

**THREE:** Take each exercise throughout a full range of motion with no partial repetitions.

# 1

## SEATED LEG CURL

**TARGETED BODY PART:** Back thighs

**MUSCLES WORKED:** Hamstrings

**JOINT MOTION:** Knee flexion (bending)

**PERFORMANCE:** Curl heels by trying to touch machine pad to buttocks. Pause one second in the fully contracted position. Take four seconds to return to the starting position. Repeat and take the set to complete muscular failure (MF). Immediately go to Leg Extension and begin without delay.

**TRAINING TIPS:** Keep calf and foot muscles relaxed during movement; do not extend toes.



# 2

## LEG EXTENSION

**TARGETED BODY PART:** Front thighs

**MUSCLES WORKED:** Quadriceps

**JOINT MOTION:** Knee extension (straightening)

**PERFORMANCE:** Straighten legs smoothly by moving feet upward until legs are fully extended. Pause in contracted position for one second. Take four seconds to return to the starting position. Repeat and take the set to MF. Immediately go to Leg Press and begin without delay.

**TRAINING TIPS:** Do not kick into the machine pads; always adhere to good form with slow and full range movements.





## LEG PRESS

**TARGETED BODY PART:** Buttocks, front and back thighs

**MUSCLES WORKED:** Gluteal, hamstrings, and quadriceps

**JOINT MOTION:** Hip extension (straightening) and knee extension

**PERFORMANCE:** Press smoothly into position with knees almost straight. Immediately, make the turnaround gradual by slowly bending hips and knees. Take four seconds to return to the starting position. Repeat and take the set to MF. Immediately go to Wide Wall Squat with static hold and begin without delay.

**TRAINING TIPS:** Keep knees pointed in the same direction as feet; stop short of locking knees. Do not explode out or use momentum. Focus on pressing steadily.



## WIDE WALL SQUAT

**TARGETED BODY PART:** Inner thighs, front thighs

**MUSCLES WORKED:** Adductors, quadriceps

**JOINT MOTION:** Hip adduction (bringing legs together) and knee extension

**PERFORMANCE:** Position your heels about 70 centimetres apart and approximately 30 centimetres away from the base of a wall. Slide your back down the wall until the tops of your thighs are parallel to the floor. Place your hands on top of your head. Now is when the exercise begins. Hold this bent knee position statically (nil to as little movement as possible) for at least 30 seconds, until you finally have to slide down and sit on the floor. Work up to holding the static position to 60 seconds by gradually adding 5 or more seconds over the next 4 to 6 workout sessions.

**TRAINING TIPS:** Remain focused; push down with your heels. Relax your face and don't forget to breathe.



## STANDING CALF RAISE

**TARGETED BODY PART:** Back calf

**MUSCLES WORKED:** Gastrocnemius, soleus

**JOINT MOTION:** Ankle extension (pointing toes)

**PERFORMANCE:** Begin in a stretch position by lowering your heels toward the floor. Smoothly press balls of feet into a "standing on your toes" position. Pause in the contracted position for one second. Return to starting position for a slow stretch. Repeat and take the set to MF.

**TRAINING TIPS:** Focus on moving only ankles. Try to extend on your big toes at top of contracted position for more calf involvement.

Planned by BodyTech founder Peter Rana