SINGLE LEG PRESS

START

- Choose desired weight and set the seat so that the left foot rests on the plate with the knee bent at a right angle
- Place the right foot off the plate
- Keep head, shoulders and back against the pad
- Firmly grasp the handles at all times
- Focus on pressing lower back against the pad
- Maintain maximum tension on your quads

MIDDLE

- Breathe out as you push
- Push through your heel against the plate
- Do not press the plate with your toes
- Extend the left leg until nearly straight, avoiding locking the knees

END

- Breathe in and slowly come back to the starting position
- Repeat for the number of reps required
- Change legs and repeat with the right foot on the plate and the left leg off the plate

MUSCLES TARGETED

GLUTES, QUADRICEPS, HAMSTRINGS AND CALVES

- The leg press fully engages the glutes during the lift phase and the control phase
- The quads contribute most of the burst required to push the leg press plate upward from the starting position in the first phase of the lift
- The hamstrings engage mostly during the second phase of the leg press, as you control the weight from the top to the bottom position
- The form of the leg press engages the calves almost entirely as secondary muscles

NOTE

We all vary slightly in our physiology due to limb length and flexibility, but the main goal of the leg press is to lower the weight as far down as you comfortably can without allowing the tension to leave your quads.