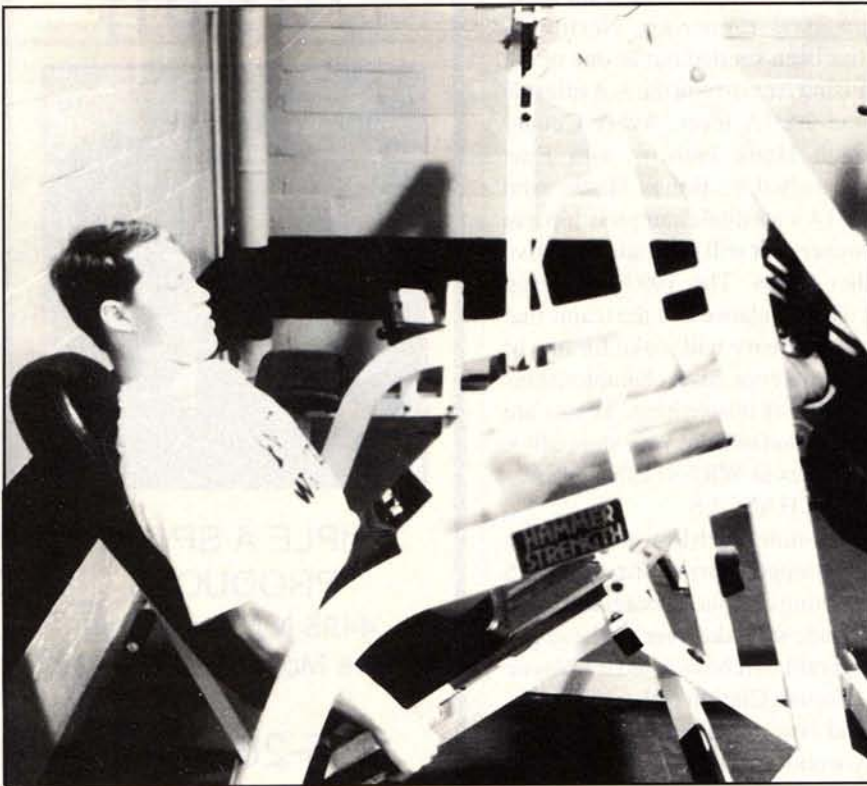


EXERCISE PRESCRIPTION: Leg Extension

By Matt Brzycki
Strength Coach, Princeton University

Muscles used: hips, hamstrings, quadriceps
Equipment possibilities: machines (selectorized and plate-loading)
Suggested reps: 15-20
Type of movement: Multiple joint
Notes:

- Adjust the seat so that the angle between your upper and lower legs is about 90 degrees in the starting position. If this isn't possible because of your leg length, have your partner help you lift the movement arm forward a little bit. Thereafter, during each rep, don't go beyond a point where the angle between your upper and lower legs is less than 90 degrees.
- Your feet should be placed slightly wider than shoulder width apart. If possible, position your lower legs perpendicular to the base of the foot pedal(s).
- Use the upper foot pedals on the Universal station whenever possible. The lower foot pedals tend to create excessive shear forces in the knee joint.
- Push through your heels, not through the balls of your feet.
- Avoid locking or "snapping" your legs in the med-range of a repetition. This takes the tension off your muscles and may hyperextend your knees.



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