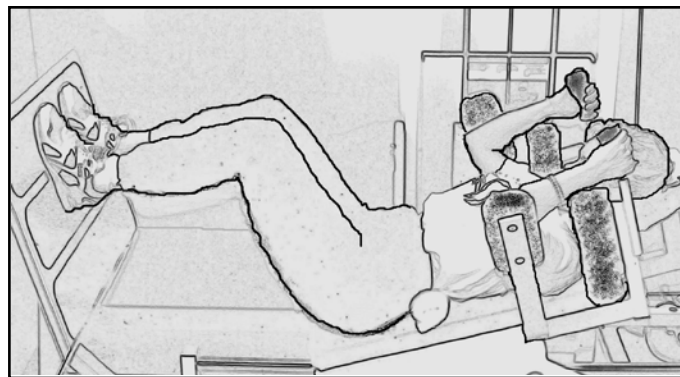


## Gym Machines for Whole Leg and Back Muscle & Bone Strength

### 1. Leg or Hip Press Machine

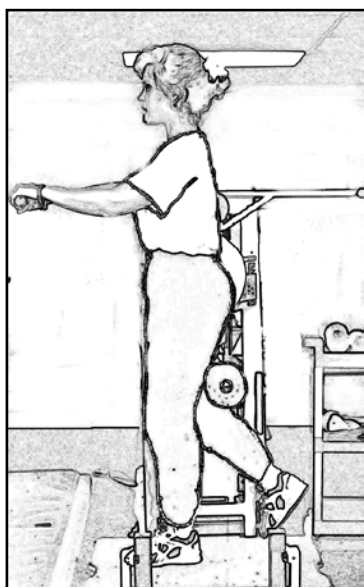
- Strengthens buttocks, thighs, bones of leg and spine
- Adjustments:
  - Place feet hip width apart, knees bent no  $>80^{\circ}$  and in line with 2<sup>nd</sup> toe or shoe point
- Action:
  - Straighten knees, keeping proper alignment
  - **DON'T SNAP KNEES INTO LOCKED STRAIGHT POSITION!**
  - Return to bent position slowly, not allowing knees to bend beyond  $80^{\circ}$  (front  $\frac{1}{2}$  of shoe should still be visible)



ALWAYS: **BREATHE OUT WITH MUSCLE EFFORT. GO SLOW**, COUNTING WITH PUSH:" 1-2-3-4", BRIEFLY HOLD, THEN RELEASE "5-6-7-8". WORK SHOULD BE **MODERATELY HARD** for 6 to 10 repetitions, **ONE SET ONLY**

### 2. Multi-Hip Machine

- Strengthens Buttocks, back and side of thigh
- Adjustments and Actions:
  - Arrange foot plate so that hinge is at your hip joint – **MAKE SURE THAT YOUR DOCTOR OR THERAPIST SAYS YOUR BACK AND BONES ARE STRONG ENOUGH TO LIFT THE FOOT PLATE, OR GET HELP FROM THE GYM STAFF**



- Side Kicks: Adjust weight arm length 2 inches above the knee; then stand facing outward and **KICK PAD SIDWAYS**
- Back Kicks: Adjust the weight arm so that it starts at  $90^{\circ}$  to the floor with your leg in "marching" position facing sideways to the machine and with both hands on one bar; then **KICK PAD BACKWARDS.**