

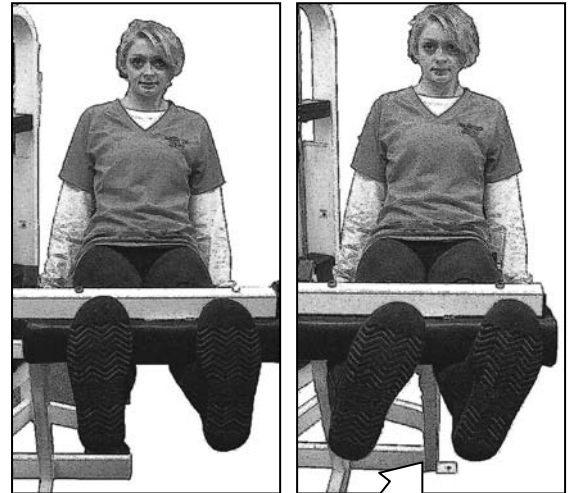
Gym Machines for Leg Muscle & Bone Strength

* FOR BALANCED STRENGTHENING, CHANGE DIRECTIONS WITH EACH LIFT, LEADING WITH THE HEELS:

*FEET CENTERED, then HEELS TURNED LEFT,
FEET CENTERED, then HEELS TURNED RIGHT,*

1. Knee Extension Machine

- Strengthens Quadriceps (front of thigh) and femur
- Adjustments:
 - Back so that knee has one inch of room off the seat to bend
 - Ankle pad 2 inches above ankle joint
- Action:
 - Straighten knees to almost fully straight then lower slowly
 - Keep shoe point lined up with center of knee
 - Keep back straight, stomach and chin "in"



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. Hamstring Curl Machine (may use either sitting or stomach-lying machine)

- Strengthens Hamstrings and femur
- Adjustments
 - Back so knee has two inches of room off the seat to bend
 - Ankle pad should be 1-2 inches above heel cord
- Action:
 - Bend knees, then straighten slowly
 - Keep shoe point lined up with center of knee
 - Keep back straight, stomach and chin "in"

