

# Legs Exercise Chart— PT009

<b>Description</b>	<ul style="list-style-type: none"> <li>◆ The Legs Exercise poster is a fantastic reference point for gym users of all abilities, providing an extensive range of Leg exercises, training tips and advice.</li> <li>◆ The chart identifies the everyday benefits of training your legs and highlights how weight training can be used with great effect for different goals; from muscle-gain to fat-loss.</li> </ul>
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<b>Details</b>	<ol style="list-style-type: none"> <li>1. Dimension: 840 x 594 mm (A1 Size)</li> <li>2. Material: 200gsm gloss paper laminated with 75 Micron clear polyester both sides</li> </ol>
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# LEGS

**WHY TRAIN YOUR LEGS?**

Your legs are vital in everyday life, but they are often ignored in a workout. Training your legs is vital for developing overall strength and balance. In sport, leg strength is a major factor in performance, improving speed and endurance, and reducing the risk of injury.

As well as increasing muscle size and strength, weight training is one of the best ways to burn fat and tone muscles. There is a common misconception that weight training only adds bulk. This is wrong. Training can be tailored to suit men and women of all ages and levels of fitness.

**WHAT'S YOUR GOAL?**

**Tone and Burn Fat**

Perform three sets of 12-20 reps using a light weight (60-75% of 1 rep max), rest for 30-90 seconds between sets.

**Increase Muscle Size**

Perform three to four sets of 6-12 reps using a moderate weight (70-85% of 1 rep max), rest for 1-2 minutes between sets.

**Increase Strength**

Perform five sets of 2-6 reps using a heavy weight (85-100% of 1 rep max), rest for 3-5 minutes between sets.

Start with three sets of 8-12 repetitions using a light to moderate weight. This can then be tailored to suit your goal.

All exercises can be performed with or without weights. Ensure that your front knee does not extend past your front foot.

**Lunges**

**Muscles worked:**

- Buttocks (gluteals)
- Back of upper legs (hamstrings)
- Front of upper legs (quadriceps)
- Top of inside legs (adductors)
- Back of lower legs (calves)

**Dumbbell**



Dumbbells by side

**Barbell**



Barbell behind neck

**Lateral**



**Squats**

**Muscles worked:**

- Front of upper legs (quadriceps)
- Buttocks (gluteals)
- Back of upper legs (hamstrings)
- Back of lower legs (calves)

**Back Squats**



**Front Squats**



**Jump squat**

Plunge the lowest phase of the squat with explosive leg controlled jump.



**Static squat**

Hold the bottom position of the squat.



**Squat and press**

During the upward phase of the squat, push the weight above your head.



Look straight ahead, keep your chest upright and external knee flap in line with your toes and do not buckle knees. All exercises can be performed with or without weights.

**Dead Lifts**

**Muscles worked:**

- Back of upper legs (hamstrings)
- Buttocks (gluteals)
- Front of upper legs (quadriceps)
- Lower back (erector spinae)
- Back of lower legs (calves)

**Barbell**



**Dumbbells**



**Straight Leg**



To start, keep the bar close to your shin and position it directly below your shoulders. When lifting, keep the bar close to your body and keep your weight on your heels.

**Machine Exercises**

**Muscles worked:**

- Back of lower legs (calves)
- Back of upper legs (hamstrings)
- Front of upper legs (quadriceps)
- Buttocks (gluteals)

**Calf Raises**



Back of lower legs (calves)

**Leg Curls**



Back of upper legs (hamstrings)

**Leg Extensions**



Front of upper legs (quadriceps)

**Leg Press**



Buttocks (gluteals), upper legs (hamstrings and quadriceps)

**MAXIMISE YOUR WORKOUT!**

**Warm Up and Cool Down** - Before training, raise your heart rate through 5-10 minutes of light cardio, stretching and 10 minutes of low weight resistance training to warm up muscles and joints for heavier loads. After training, stretch the major muscle groups to aid recovery and return your muscles to their normal state.

**Change your workout** - Vary the weight of set periods, the number of sets, the number of reps and the rest time between sets. To increase intensity, increase the weight and decrease the rest time between sets and see how your body responds! Do you know that your body can adapt to repetitive exercise programmes in weeks?

**Hydration** affects performance and resistance to injury. It is important to stay hydrated before, during and after your workout by drinking plenty of water.

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**Technique** - When lunging, ensure your entire back is in contact with the floor of the gym, and your ribs are up; when standing, keep your back upright and do not bend your knees slightly and avoid using momentum to lift the weights.

**Choosing your weight** - Start with a weight that you can perform 12 repetitions with. This gradually increase the weight as you get stronger. If you cannot maintain correct technique, the weight is too heavy.

**Demo Videos**

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