Muscle Group: Quads, Glutes

Machine Exercise: Leg Press

Pull out the handle for adjustment of the weight.

Pull the handle to adjust the seat. Move the seat forward so that the legs make a 90° angle when seated.

Take a seat on the machine and keep your legs bent in a 90° angle.

Push the seat backwards pushing through the heels. Keep the legs bend at the end, not fully straightening them.
Muscle Group: Quads

Machine Exercise: Leg Extension

Pull out the handle for adjustment of the weight.

Pull the handle to adjust the backseat, so that the knee joint is aligned with pivot point of the machine.

Pull the handle to adjust the leg pad. Position the pad just above the ankles.

While seated keep your legs in a 90° angle, while holding the handles.

Extend your legs until your legs are straight.
Muscle Group: Hamstrings

Machine Exercise: Hamstring Curl

Pull the handle to adjust the weight.  
For adjustment of the leg pad, use the handle on top.

Lay down on the machine with the leg pad just below the calves. Hold the handles for stability.  
While laying down, use the hamstrings to curl up your leg.
Muscle Group: Glutes

Machine Exercise: Cable Hip Flexion

Pull out the handle for adjustment of the weight. Choose the ankle strap and connect it to the cable.

Stand up straight facing the machine with the strapped leg off the ground. Kick out the strapped leg backwards while keeping a straight posture.
Muscle Group: Glutes

Machine Exercise: Cable Hip Abduction

1. Pull out the handle for adjustment of the weight.
2. Choose the ankle strap and connect it to the cable.
3. Stand up straight on the side of the machine with the strapped leg in the front.
4. Kick out the strapped leg to the side while keeping a straight posture.
**Muscle Group: Inner Thighs**

**Machine Exercise: Cable Hip Abduction**

Pull out the handle for adjustment of the weight.

Choose the ankle strap and connect it to the cable.

Stand up straight on the side of the machine with the strapped leg in the front.

Kick the strapped leg inwards, crossing the other leg while keeping a straight posture.
Muscle Group: Hamstrings, lower back

Machine Exercise: Hamstrings/lower back

Adjust the height of the roller. Pull the handle to adjust the foot plate.

Whilst kneeling, feet should touch foot plate. Keep your back straight whilst facing forward.

Move body over the top of large roller so body is horizontal to ground. Contract hamstrings back to starting position.
Muscle Group: Quads, Glutes

Free Weight Exercise

Dumbbell Squat

Stand up straight while holding a dumbbell on each hand. Position your legs using a shoulder width medium stance with the toes slightly pointed out. Keep your head up at all times and maintain a straight back.

Begin to slowly lower your torso by bending the knees as you maintain a straight posture with the head up, until your thighs are parallel to the floor. The front of the knees should make an imaginary straight line with the toes that is perpendicular to the front. Begin to raise your torso as you exhale by pushing the floor with the heel of your foot mainly as you straighten the legs again.

Barbell Squat

Hold on to the bar using both arms at each side and place it at the back of your shoulders (slightly below the neck). Position your legs using a shoulder width medium stance with the toes slightly pointed out. Keep your head up at all times and maintain a straight back.

Begin to slowly lower the bar by bending the knees and hips as you maintain a straight posture with the head up. Continue down until your thighs are parallel to the floor. Begin to raise the bar by pushing the floor with the heel of your foot as you straighten the legs again.
Muscle Group: Quads, Glutes

Free Weight Exercise

BOSU Ball Squat

Stand up straight on the flat side of a BOSU ball. Position your legs using a shoulder width medium stance with the toes slightly pointed out. Keep your head up at all times and maintain a straight back.

Begin to slowly lower your torso by bending the knees as you maintain a straight posture with the head up, until your thighs are parallel to the floor. Begin to raise your torso by pushing the floor with the heel of your foot mainly as you straighten the legs again. Try to keep the BOSU ball steady.