# Legs:

**Exercise:** 

Muscles primarily worked:

**Description** 

**Comments** 

# **Gym exercises:**



Figure A: Leg Extension [1] (Bodycraft, 2020)

Quadriceps After adjusting (front of upper the seat and leg) back, the kn

After adjusting
the seat and
back, the knees
need to be
aligned to the
pivot point on
the leg extension
lever. By staying
seated and

keeping ankles

hooked behind

the lower pads,
the handles need
to be grasped to
push and extend
the legs
horizontally.
After returning to
the start position
slowly, the
exercise can be

This exercise can be conducted with one leg at a time.

Figure B: Standing Leg **Curl** [1] (Bodycraft, 2020)

repeated in 3-4 sets.

Hamstrings (back of upper legs), (rear of calf).

The starting position requires the trainee to Gastrocnemius face the machine and adjust the seat to connect to the roller pads which are located worked. above the knee as shown in figure B. The back of the seat can be held onto for support and stability while doing the exercise. The ankles are positioned behind the lower set of roller pads. By standing on one leg, the other leg can be

used to conduct

the exercise one

at a time,

By pointing the toe during the exercise, the calf muscle gets less However, if the ankle is bent while bending the knee, the calf muscle will be more involved.

bending the knee back and up as far as it possibly goes.

### At home exercises:

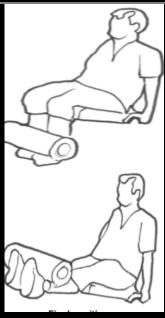


Figure C: Leg extension [2] (Cancer Council WA, 2020)

Quadriceps

The starting position is sitting on a chair with knees at approximately a 90 degrees angle. Back support is essential on the chair during lifting the resistance. The final position reached is extending the kneed by lifting the resistance to full range of motion with the ankles in 90 degrees angle. The trainee needs to breathe out while lifting the resistance.

This exercise focuses on the anterior portion of the legs.



Figure D: Leg curl [2] (Cancer Council WA, 2020)

## Hamstring

This exercise works the hamstring out by bring knees into a 90 degrees flexion. The starting position requires the knees to be fully extended with the ankles in 90 degrees angle. The back needs to be maintained flat with the back support. Final position requires the flex knees to 90 degrees while the trainee breathes out during the knee flexion. The trainee needs to have resistance on the thighs and below the ankles.

Focus is on the posterior portion of the legs.

### References:

- [1] Bodycraft Exercise Guide | Bodycraft 2020 | Exercise Guides: The Art and Science of Movement | Figure A Figure B exercises | Available online at: <a href="https://www.bodycraft.com/pdfs/exercise/ExerciseBook.pdf">https://www.bodycraft.com/pdfs/exercise/ExerciseBook.pdf</a> | Accessed 18 March 2020
- [2] Cancer Council Western Australia | Guidelines for implementing exercise programs for cancer patients | Figure C Figure D exercise | The Cancer Council WA https://www.racgp.org.au/FSDEDEV/media/documents/Clinic al%20Resources/HANDI/Guid elines-for-implementing-exercise.pdf | Accessed 19 March 2020