


# Legs:

Exercise:	Muscles primarily worked:	Description	Comments
<b>Gym exercises:</b>			
	Quadriceps (front of upper leg)	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 A: Leg Extension [1]**  
(Bodycraft, 2020)



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

repeated in 3-4 sets.		
Hamstrings (back of upper legs), Gastrocnemius (rear of calf).	The starting position requires the trainee to face the machine and adjust the seat to connect to the roller pads which are located 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 worked. 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: <https://www.bodycraft.com/pdfs/exercise/ExerciseBook.pdf> | 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/Clinical%20Resources/HANDI/Guidelines-for-implementing-exercise.pdf> | Accessed 19 March 2020