

WEIGHT MACHINES TO BUILD STRENGTH

1 SEATED LEG PRESS

- The leg press machine is great for overloading the quads.
- It's a good addition to squats for variety.
- Keep the feet flat against the platform throughout the exercise.
- Place the feet in line with the hips. Too high and the knees approach the chest, involving hip flexors more and increasing the risk of injury to the back.

2 HAMSTRING CURL

- This is a great machine for focusing on the hamstrings and can be added to a workout with squats and deadlifts.
- Use a machine with an angled bench if possible for safer curls.
- If you only have access to a flat bench, avoid lifting the pelvis and twisting the hips as you curl.

3 PEC DEC MACHINE

- Use this machine to overload the pectoral muscles.
- Adjust the machine so that when sitting with arms in position they are in line with your shoulders. If the arms are too far back, there is too much stress on the shoulders.

4 SEATED CALF RAISE

- Calf muscles are often overlooked, but a machine can provide isolated training and overload.
- Adjust the shoulder pads to be high enough to avoid rounding the back when lifting the heels for a calf raise.
- Make sure the feet are directly below the leg pads and that your trunk is not leaning forward or backward when lifting.
- Use the hand grips for stability.

5 TRICEPS MACHINE

- As with the calves, it can be difficult to get gains in triceps muscles.
- A triceps machine should have pads to rest the back of the arms against.
- Make sure your elbow is not against the pad. It should not press into the pad during the exercise.