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Exercise The Right Way – The Leg Extension

By Rick Mitchell

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In this article we'll take a close look at the leg extension.

MUSCLES TARGETED: vastis lateralis, vastus intermedius, vastus medialis, rectus femoris

STARTING POSITION

UPWARD MOVEMENT

DOWNWARD MOVEMENT

Bodybuilding Advice

to learn

more about the issues covered in this article.

Lower Body Exercises For Beginning Bodybuilders

By Rick Mitchell

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The muscles of the lower body can be divided into five groups:

3. Gluteals – these are the muscles that make up the buttocks.

5. Calves – these are the two muscles found in the lower leg.

Exercise The Right Way – The Leg Extension

For beginners these muscles should be exercised as follows:

2. Leg extension – 3 sets of 10–15 reps. This is a useful exercise for adding definition to the quads.
3. Hamstring curl – 3 sets of 10–15 reps. This exercise isolates the hamstrings.
4. Standing calf raise – 3 sets of 10–15 reps. This exercise works the gastrocnemius muscle.

Day 1: Biceps, Back, Abs

Day 2: Hamstrings, Shoulders, Abs

Day 3: Quads, Forearms, Calves

Day 4: Triceps, Chest, Abs

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