

# Leg Exercises

BY

**KARMIC INSTITUTE**

Courtesy

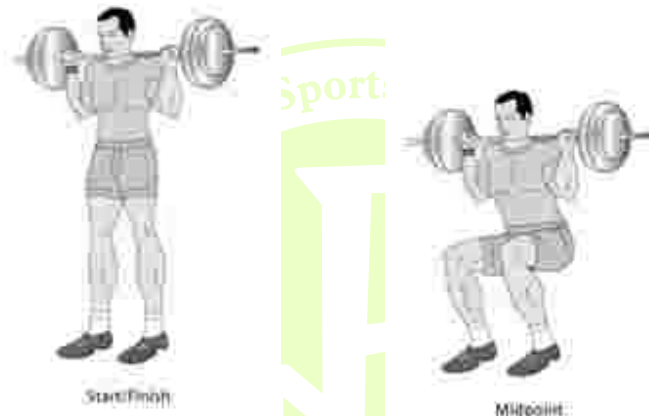
**Paradise Nutrition Inc.**

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### LOWER LIMB TRAINING

### LEG EXERCISES

### Squats Exercise - Build Muscle mass/Tone with the King of Leg Exercises



Nothing comes close to **Squats Exercises** to Build Thigh Muscles and Bodybuilders swear by its name.

**Purpose:-** To Build Muscle Mass in the Thighs.

If there is only one exercise you want to do for Legs, then it should be Squats. Nothing compares to it.

**Execution Technique:-** You can use either Squats Machine or Free weights to perform Squats. The best way is to perform on a Power Rack {Very Safe}.

**Stance:-** The basic stance is feet-shoulder-width-apart. A wider stance works on the inside of the thigh to a greater degree and a narrower stance works on the outside of the thigh to a greater degree.

**Steps:-**

1. Step on the rack so that the Barbell rests across the back of your shoulders. {Raise the barbell and get away from the rack if you are doing with free weights}.

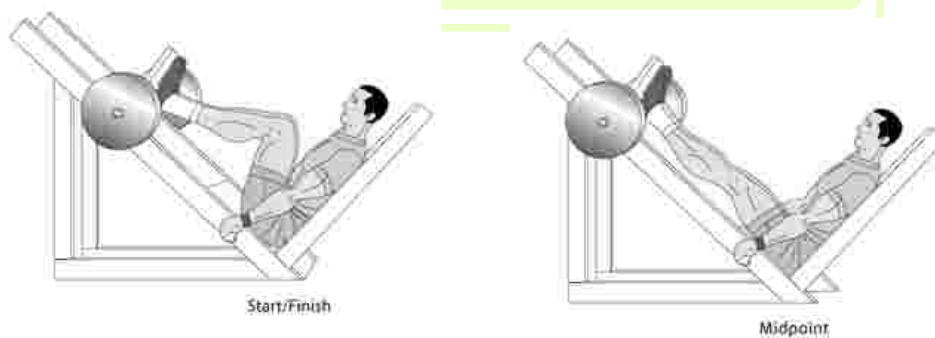
2. Bend your knees and lower yourself with your back straight and head up until your thighs are parallel to the ground. You can also go a little below the parallel if there is no reason not to go deep.
3. Now raise yourself up using only the thigh power keeping your back straight to a position with legs nearly locked out.

### Points to remember

- Exhale while you exert. {While moving up here}
- Warm up well before Heavy Squats
- Concentrate on form
- Go as Heavy as possible

Squats are one of the toughest exercises to perform so many avoid them altogether and go with Leg Presses and lunges. And of course not many have the body they desire!!! Remember what you put in is what you get out and when it comes to thighs {entire Lower body for that matter} Squats are the King.

### Leg Presses -- Build Thigh Muscles to Perfection



**Leg Press** is one of the best exercises to Build Thigh Muscles.

**Purpose:-** To Build Muscle Mass of the Thigh Muscles.

If you have Back problems or are concerned about lower back pressure then Leg Presses are the best thigh Building and toning exercise.

**Execution Technique:-** There are 2 types of Leg Presses

1. The **Diagonal** or Vertical Sled type Leg Press seen in a few gyms where weights are attached directly to sled mounted on rails and you sit below the sled pushing the weights with his feet upwards.
2. The **Seated** Leg Press where you sit upright and push your feet forward.

**Stance --** The basic stance is feet-together stance.

**Steps:-**

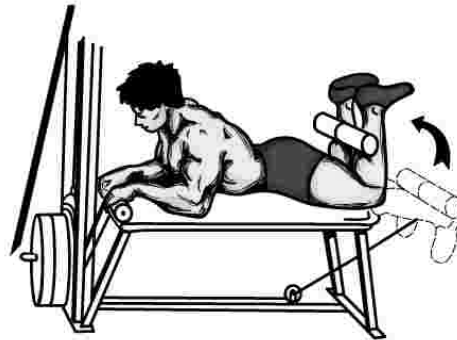
1. Position yourself under the machine {Vertical Type} and sit upright {Seated type} and place the feet together placed against the crosspiece.
2. Bend your knees and allow the weight to lower itself until your knees are near 90 degrees.
3. Now extend your legs and press the weight back.

**Points to remember**

- Move only legs and don't use your arms to push the knees.
- Concentrate on form
- Go as Heavy as possible

There is a variation in Leg Press, called Leg Press - toe-apart position dealt in the Advanced Training Principles Section.

### Leg Curls - Building Hamstring Muscles just got easier.



**Leg Curls** or Hamstring Curls are the Best way to Build Back of thigh muscles.

**Purpose:-** To Build Muscle Mass in the Hamstrings{ Back of thigh Muscles }

**Execution Technique:-** This exercise is done on a **Leg Curl machine**. They can be Lying or Standing Hamstring Curl machines.

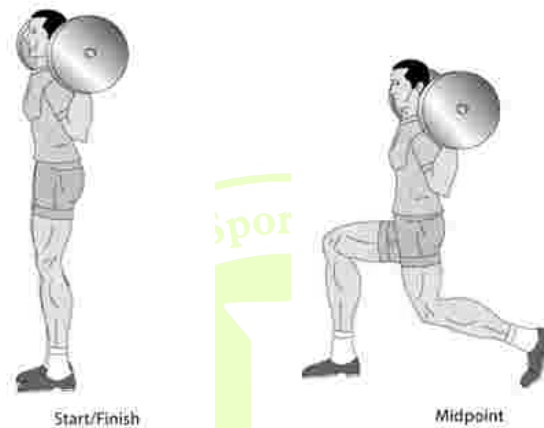
**Steps:-**

1. Lie face down on a lying leg curl machine and extend your legs straight. Position your legs under the support pads.
2. Curl your legs as far as possible until they are fully contracted {heels up towards your buttocks }. Hold the handles or bench to prevent yourself from lifting off the bench. Keep the movement smooth.
3. Lower the weight to the starting position.

**Points to remember**

- Exhale while you exert.
- Go full range.
- Avoid jerky movements

### Barbell Lunges exercise to build muscular thighs and glutes



**Heavy Barbell Lunges** is a power move to build Thigh muscles. Learn the correct technique and blast your thighs now.

**Purpose:-** To Build thigh and butt muscles.

**Execution:-** This exercise can be done with either Barbell or Dumbbell.

**Stance:-** A feet together stance is recommended.

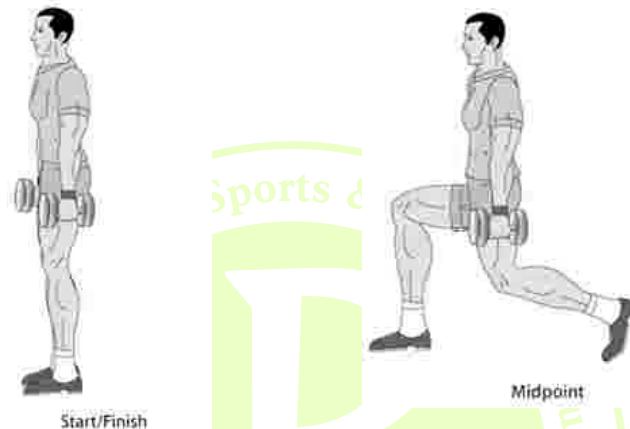
#### Steps:-

1. Holding a barbell behind the neck stand upright.
2. Keeping your back straight take a step forward bending your knees and getting them as close to the floor as possible.
3. Push yourself back to the starting position and repeat with the other foot.

#### Points to Remember

- Exhale while you exert.
- Bend as far and low as possible without losing form.

### **Dumbbell Lunges exercise to build muscular thighs and glutes**



**Dumbbell Lunges** is an excellent exercise to build Thigh muscles. Learn the correct technique and blast your thighs now.

**Purpose:-** To Build thigh and butt muscles.

Along with Squats Lunges are highly recommended to build your butt muscles. Squeeze your butts at the end of this movement for full benefit.

**Execution:-** This exercise can be done with either Dumbbells or Barbell.

**Stance:-** A feet together stance is recommended.

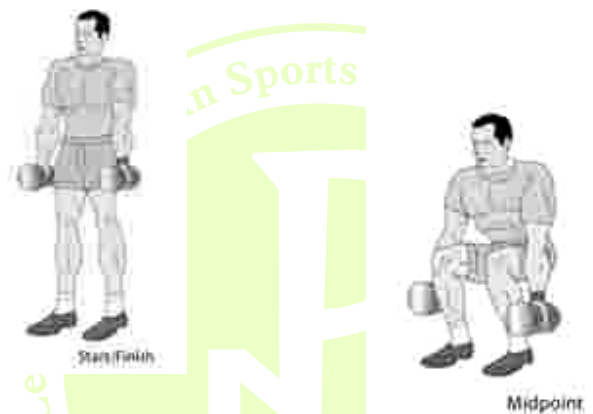
**Steps:-**

1. Grab hold of a pair of dumbbells and stand upright.
2. Keeping your back straight take a step forward bending your knees and getting them as close to the floor as possible.
3. Push yourself back to the starting position and repeat with the other foot.

**Points to Remember**

- Exhale while you exert.
- Bend as far and low as possible without losing form.

### **Dumbbell Squats Exercise to build Thigh Muscles**



***Dumbbell Squats*** is an excellent alternative to Barbell Squats to build quality muscle mass in the legs. Check the correct execution and build muscular thighs now.

**Purpose:-** To Build Muscle Mass in the Thighs.

**Execution:-** This exercise is done standing with a pair of Dumbbells.

#### **Steps:-**

1. Grab hold of a pair of heavy dumbbells and stand upright with feet shoulder feet apart.
2. Bend your knees and lower yourself with your back straight and head up until your thighs are parallel to the ground.
3. Now raise yourself up using only the thigh power keeping your back straight to a position with legs nearly locked out.

#### **Points to remember**

- Exhale while you exert.



- Warm up well before Heavy Squats.

### **Leg Extentions Exercise to build and define the thighs**



**Leg Extentions** is a great way to build and shape your thigh muscles.

**Purpose:-** To isolate and build the front thigh muscles.

**Execution:-** This exercise is done on a Leg Extensions machine.

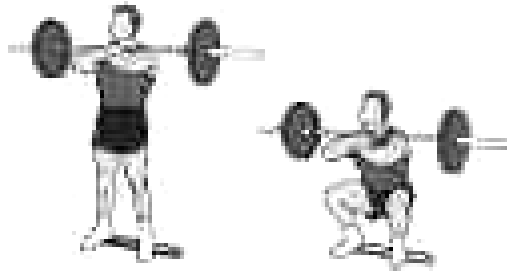
**Steps:-**

1. Sit on a Leg Extensions Machine with your legs under the padded bar and hold the side bars with your hands for support.
2. Extend as far as possible until your legs are locked out to get a maximum thigh contraction.
3. Get back to the start position and repeat.

**Points to Remember**

- Exhale while you exert.
- Extend as high as possible.

### **Front Squats Exercise to build massive thighs**



**Front Squats** is an excellent power exercise to build quality Muscle mass in the thighs. Check how to execute this exercise to blast your legs now.

**Purpose:-** Front Squats helps build entire thighs and focuses especially on the outer thigh region.

**Execution:-** This exercise can be done with free weights.

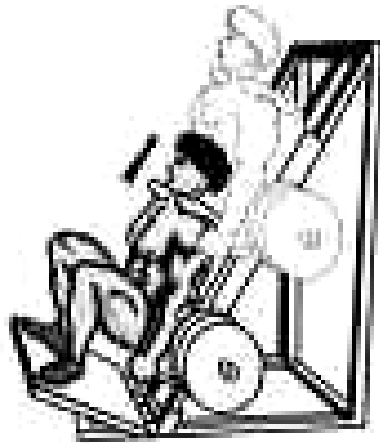
**Steps:-**

1. Step on a Smith machine and get the bar on your shoulders in front of you grasping it with your crossed arms and lift it off the rack.
2. Keeping your back straight bend your knees to a level where your thighs are parallel to the floor.
3. From this position push yourself back to starting point.

**Points to Remember**

- Exhale while you exert.
- Go as heavy as possible but maintain strict form.

**Hack Squats Exercise to Build Lower thighs**



**Hack Squats** is a great way to build Lower thigh muscles.

**Purpose:-** To isolate and build the Lower Quadriceps Muscle.

**Execution:-** This exercise is done on a Hack Squats machine.

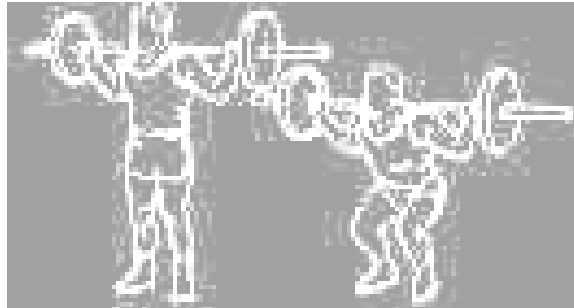
**Steps:-**

1. Get on a Hack Squats machine and get your shoulders under the support.
2. Bend your knees and go down as low as possible - thighs parallel to the floor.
3. Get back to the start position and repeat.

**Points to Remember**

- Exhale while you exert.

### Half Squats Exercise to Build Thigh Muscles



**Half Squats** is an excellent power exercise to build quality Muscle mass in the thighs.

Half Squats is a power move. Lift as heavy as possible.

**Purpose:-** To Build Muscle Mass in the thighs.

**Execution:-** This exercise can be done with free weights or on a Smith Machine.

**Steps:-**

1. Step on a Smith machine and get the bar under your shoulders and lift it off the rack.
2. Keeping your back straight bend your knees to a level half of a Standard squat.
3. From this half squats position push yourself back to starting point.

**Points to Remember**

- Exhale while you exert.
- Go as heavy as possible.

### Sissy Squats Exercise to Build Lower Quadriceps muscle

**Sissy Squats** is an excellent exercise to isolate the lower quadriceps

and get those competition thighs.

**Purpose:-** Sissy Squats helps isolate and build the Lower Quadriceps Muscle.

**Steps:-**

1. Stand upright holding a bar for support.
2. Bend your knees and go down while getting down on your toes and raising the heels and go as low as possible. Feel a good stretch in your thigh muscles.
3. Get back to the start position and rest on your feet.

**Points to Remember**

- Exhale while you exert.

Get a maximum stretch at the bottom of this movement

### **Calf Raises- Best Calf Muscle Building Exercise**



**Calf Muscle Exercises** are performed to build 2 basic calf muscles, soleus and gastrocnemius. Seated **Calf Raises** is the best Calf Muscle Exercise to build quality calves.

Calves are a very aesthetic body part but alas many weight trainers including bodybuilders skip calf training.

Ideally calf muscles should be equal to biceps to be considered fully developed.

If you are lacking on calf muscle development consider **Weak Point training** with priority training.

### **The different Calf Muscle Exercises**

1. Standing and Seated Calf raises
2. Donkey Calf Raises
3. One legged calf raises.

Seated and Standing Calf Raises are the best exercises to Build Calf Muscles. Learn how to do these to build highly aesthetic calves.

### **Calf Raises - The Best Calf Muscle Builder**

**Purpose:-** To Build Overall Muscle Mass in the Calves.

If there is only one exercise you want to do for Calves, then it should be Calf Raises. It is the overall Calf Muscle Builder. Nothing compares to it.

**Execution Technique:-** Calf Raises can be performed Standing or Seated {on Leg Press Machine}. Standing Raises is the gold standard exercise.

**Stance:-** The basic stance is feet-shoulder-width-apart.

**Steps:-**

1. Step on a Calf Raise Machine with your toes on a block and heels extended into space. Place the shoulders under the pads and hook the weight off the support.
2. Lower your heels as far as possible towards the floor. Keep your

knees slightly bent.

3. Now raise yourself up using only the toes and come as far as possible.
4. Go as heavy as possible. With time you can perform partial repetitions once you get tired on a set.

### **One Leg Calf Raises**

This is done just like the Two leg Raises but you raise one calf at a time. It helps isolate and build each Calf muscle separately.

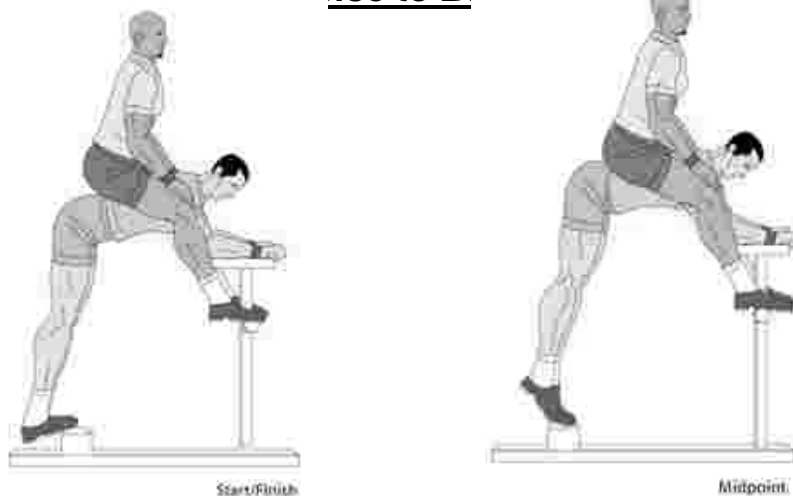
#### **Points to remember**

- Exhale while you exert. { While moving up here }
- Go full range of motion.
- Use high blocks
- Go as Heavy as possible

Many people miss calf training completely. Nothing looks bad {esp. on a beach} to have muscular thighs with skinny calves. Just like abs, calves can be very aesthetic looking, and they are an absolute must if you want to ever compete.

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### **Donkey Calf Raises Exercise to B**



**Donkey Calf Raises** is an excellent exercise to Build Calf Muscles.

**Purpose:-** To Build Muscle Mass in the calves.

Donkey Calf raises is always my second option. I have found great results with [standing calf raises](#). But I do know few ones who swear by Donkey calf raises. Add this exercise as a variation to your calf workouts and it will add some variety to your leg workouts.

**Execution Technique:-** This exercise is done with a training partner sitting across your back.

**Steps:-**

1. Stand on a board and bend forward holding a table for support. Ask a training partner to sit across your back.
2. Lower your heels and get as low as possible and fully contract your calf muscles fully.
3. Extend your calves and get back to starting position.

**Points to remember**

- Exhale while you exert, in this case while raising your calves against resistance.
- Go full range of motion. Since partial calf movements happens everyday in walking and running, its essential that you go through full range movements to target the calves muscles including both gastrocnemius and soleus muscles.

Use high blocks to make sure that you are not limited in range of your movements.