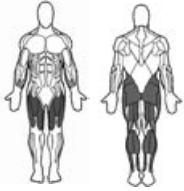


Nautilus® Hack Squat/Leg Press Exercises

Hack Squat Knee Extension with Hip Extension and Ankle Plantar Flexion

Muscles Worked: Quadriceps; Gluteus Maximus; Hamstrings; Calves



Success Tips:

- Sit up straight, chest lifted and abdominal muscles tightened. Maintain a very slight arch in your lower back.
- Use slow, controlled motion to insure that you can return to Start position more easily.
- Do not lock your knee at the apex of this movement.
- At the top of movement, knees and hips should bend slightly less than 90°.

Start:

- With the machine adjusted to the Hack Squat position, stand on the platform facing away from the machine.
- Place your feet slightly wider than shoulder width apart, feet and hips turned out slightly.
- Rotate the handles to the unlocked position..

Action:

- Slowly lower your body by bending at the hips, knees and ankles.
- Using controlled movement, lower the body until your knees, hips and ankles are bent slightly less than 90°.
- Return to Start position, keeping movement smooth and controlled.



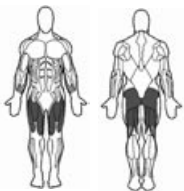
Start



Finish

Leg Press Hip Extension with Knee Extension

Muscles Worked: Quadriceps; Gluteus Maximus; Hamstrings



Success Tips:

- Generate force for this exercise by pushing and pressing through your lower leg onto the platform.
- Keep your knees pointed in the same direction as your feet. DO NOT let knees travel inward! Do not lock your knees.
- Keep your spine in alignment and your quads tightened.
- Do not use momentum for this exercise - move slowly.

Start:

- With the machine in the Leg Press position, sit on the seat, feet slightly wider than shoulder-width apart.
- Keep ankle lined up directly underneath your knee.
- Keep your chest lifted and a slight arch in your lower back.
- Grasp the handles for stability.

Action:

- Bend your knees and hips slowly, allowing the platform to move toward you.
- Limit platform movement to a position that allows you to maintain good posture throughout the exercise.
- Slowly return to the Start position.



Start



Finish