

# EXERCISE

# 45 Degree Leg Press

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

# Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is called a 45 degree leg press. It's a lower body exercise, primarily working the quads, hamstrings, and glutes.

Once the client is in a seated position, they're going to relax their head against the pad, holding onto the supporting handles. Once the client's in position, they're going to bring their feet up onto the middle of the pad, taking their feet to about shoulder width, maybe a little bit wider and slightly flaring the feet to a "10 to 2" position. From there, they're then going to push the pad away and then release the safety handles.

Once in position, they slowly lower down as far as they can, just making sure that at the bottom, their hips and lower back stay against the pad.

Then driving away back up - briefly pause at the top and repeat slowly and smoothly into the bottom position again.

As they're coming down, we need them to really focus and make sure that the lower back doesn't round - it stays flat - so the depth of the movement is going to be dictated by that position. As they are driving back up, we want them to make sure that they're keeping their weight predominantly into the mid and the rear of the foot so that they can focus their efforts on the hamstrings and quads.

Make sure that they have that emphasis of slow and controlled on the way down, a bit of a pause at the bottom, and then accelerating on the way up.

Once the client is ready to finish, they'll stop at the top, bring the handles in, and then once they hear the handles are in position, they can relax.

# Main Muscles Involved

- Quads
- Hamstrings
- Glutes
- Calves
- Adductors

