You can have a Leg Day every day!

Everyone always makes snarky comments about that guy who skipped leg day at the gym. ...but how can you do leg day if you don’t know what it involves? No worries—here are three basic machine exercises to get you started!

If you don’t know how to use a machine, ask the gym staff that work there! They’ll show you how to use the machine properly and safely.

Leg Press

**Machine used:** Leg press machine  
**Muscles developed:** gluteus maximus (butt!), quadriceps, hamstrings  
**How to:** sit or lie on the seat or bench, depending on the type of machine. Your head, back, hips, and buttocks should be pressed against the side of the machine.  
A) Begin with your feet flat on the foot platform about shoulder width apart. Your legs should be fully extended, but don’t lock your knees!  
B) Slowly lower the weight by bending your knees and flexing your hips until your knees are bent at about a 90-degree angle or your heels start to lift off the foot platform. Then extend your knees and return to the starting position.

Prone leg curl

**Machine used:** Leg extension/curl bench  
**Muscles developed:** hamstrings, glutes (butt!)  
**How to:** Lie on the front of your body, resting the pads of the machine just below your calf muscles and wish your knees just off the edge of the bench. Flex your knees until they approach your buttocks! Hold for 1 sec, then return to the starting position.

Heel raise

**Machine used:** Standing calf raise machine  
**Muscles developed:** gastrocnemius, soleus (calves)  
**How to:** Stand with your head between the pads and one pad on each shoulder. The balls of your feet should be on the platform. Lightly grasp the handles. Press down with your toes while lifting your heels. Return to the starting position. Changing the direction your feet are pointing will work different portions of your calf muscle.

[http://www.hilady.in/c3/35497.html](http://www.hilady.in/c3/35497.html)  
[http://www.top.me/single_exercise/standing-calf-raises](http://www.top.me/single_exercise/standing-calf-raises)