



Gul Mohamed

The Leg Workout

Powerful legs are a tremendous source of power. They form 50% of your body.

They are the most used part of the human anatomy. Yet they remain the most neglected in terms of work outs. Check out even the Bollywood superstar, they focus on upper body workouts. If you do not work out your legs, you are neglecting half your body.

LEGS COMPRISE THE FOLLOWING MUSCLES:

Gluteus: A set of three muscles, each forming the buttocks. These are the largest and strongest muscles in the body.

Quadriceps: The four thigh muscles, responsible for thigh extensions and straightening of the leg

Hamstrings: They are the muscles at the back portion of the leg or are also called the leg biceps, responsible for curling the leg back from the knee joint.

Calves: The two muscles of the lower leg, responsible for flexing your toes.

Warm up: Start with joint rotations, starting from the ankles and up to the neck. First in one direction, then the other, counts of ten, three sets.

This helps to lubricate and warm up the joints, to enable smooth functioning.

Move on to some basic stretches. This helps to warm up the muscles and enhance overall performance.

Cardio vascular workout: To raise the body temperature to prevent muscle injury, cramps during the main workout engage in a 10 20 minute jog, dance, cycle, skip or a combination of any of these.

Free half squats: In front of a full length mirror, take support of a chair and do three sets of 15 25 counts of half squats.. Make sure your legs do not go below the 90 degree mark when you squat.

Front lunges: Three sets of 10 15 counts. Make sure your front leg is in a vertical position up to the knee and keep your back leg straight. And don't forget to contract your gluteus.

Squats: Three sets of 10 15 counts on the machine with a comfortable weight on your shoulders. Additional weights to be added on, for the second and third set. Keep your feet apart at shoulder width and your back straight. Make sure you squat till your thighs are parallel to the ground. This is called the king of the leg workout.

Leg extensions: Three sets 10 15 counts of leg extensions on the machine. Hold the extension for a second and then resist while leg is going down. Do not jerk to push additional weight as this could lead to serious back injury. Add on additional weight for the second and third set.

Leg curls: On the machine again, and they have to follow a similar pattern as the leg extensions with the same repetitions and weights. If you vary then you will have distorted legs. For while the previous exercise works out the front of the thighs this works out the back (leg biceps). Note contract your gluteus on the return.

Leg press: Again we have this on the machine with three sets of 10 15 counts. Keep your feet shoulder width apart and push with your heel. Contract your gluteus. Do not extend your leg fully as this could lead to knee injury. Resist the weight on the return.

Standing calf raises and seated calf raises: Both these workouts are done on machines. For the first one, the weights are placed on your shoulders and make sure your toes are on the edge of the machine and they go down completely then you push yourself up.

For the second on, do the same, while you are seated. Hold, when you push your feet up, for a second. Add on additional weights for the second and third sets.

Dead lift: End with three sets of dead lifts

Finally, complete your workout with cool down stretches and do not forget to stretch your back.

