Machine Leg Workout for Beginners

Legs on the machines, front, back, inside and outside of the thigh and the calves, each move guided so the weight goes where it should.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Strength	Lower body	Beginner	40 min	Exercise bike, machines

WARM UP

Once through, at an easy pace

Stationary Bike



5 min

Leg Swing



10 reps
each side

Bodyweight Squat

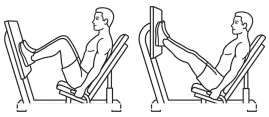


10 reps

MAIN

All sets of a move, then the next

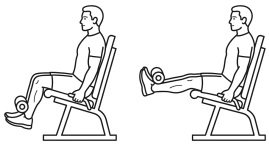
1 Leg Press Machine



3 × 10-12
rest 90 s

Lower until the knees are at about a right angle

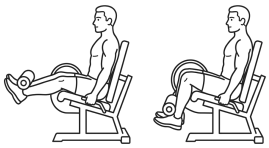
2 Leg Extension Machine



3 × 12
rest 60 s

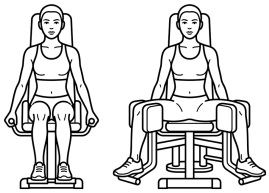
Knee in line with the machine's pivot; pause at the top

3 Seated Leg Curl Machine



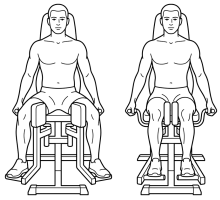
3 × 12
rest 60 s

4 Hip Abduction Machine



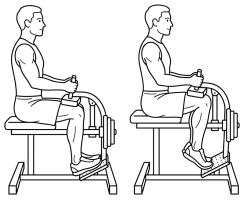
2 × 15
rest 45 s

5 Hip Adduction Machine



2 × 15
rest 45 s

6 Seated Calf Raise Machine



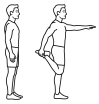
3 × 15
rest 45 s

All the way down for a stretch, all the way up

COOL DOWN

Once through, at an easy pace

Standing Quad Stretch



30 s
each side

Lying Hamstring Stretch



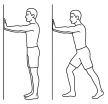
30 s
each side

Figure-4 Glute Stretch



30 s
each side

Standing Calf Stretch



30 s
each side