



# AUGUST WORKOUT OF THE MONTH

## "CARVER"

### Legs - 6 Basic Exercises

(Free Weights / Selectorized Machine)

Warm-up 5-10 minutes

Beginners: 1-2 Sets / 6-8 Reps, Intermediate: 3-4 Sets / 10-12 Reps, Advance: 5-6 Sets / 15-20 Reps

**1. Barbell Squats - Preparation:** From rack with barbell at upper chest height, position bar high on back of shoulders and grasp barbell to sides. Dismount bar from rack and stand with shoulder width stance. **Execution:** Squat down by bending hips back while allowing knees to bend forward, keeping back straight and knees pointed same direction as feet. Descend until thighs are just past parallel to floor. Extend knees and hips until legs are straight. Return and repeat.

**2. Dumbbell Lunges (Forward) – Preparation:** Stand with dumbbells grasped to sides. **Execution:** Lunge forward with first leg, land on heel then forefoot. Lower body by flexing knee and hip of front leg until knee of rear leg is almost in contact with floor. Return to original standing position by forcibly extending hip and knee of forward leg. Repeat by alternating lunge with opposite leg.

**3. Seated Leg Press (45 degree) - Preparation:** Sit on machine with back on padded support. Place feet on platform. Extend hips and knees. Release dock lever and grasp handles to sides. **Execution:** Lower platform by flexing hips and knees until hips are completely flexed. Return by extending knees and hips. Repeat.

**4. Lying Leg Curls – Preparation:** Facing bench, stand between bench and lever pads. Lie prone on bench with knees just beyond edge of bench and lower legs under lever pads. Grasp handles. **Execution:** Raise lever pad to back of thighs by flexing knees. Lower lever pads until knees are straight. Repeat.

**5. Seated Leg Extensions - Preparation:** Sit on apparatus with back against padded back support. Place front of lower legs under padded lever. Position knee articulation at same axis as lever fulcrum. Grasp handles to sides for support. **Execution:** Move lever forward and upward by extending knees until legs are straight. Return lever to original position by bending knees. Repeat.

**6. Standing Calf Raises - Preparation:** Place shoulders under padded lever. Position toes and balls of feet on calf block with arches and heels extending off. Grasp handles or sides of padded lever. Stand erect by extending hips and knees. **Execution:** Raise heels by extending ankles as high as possible. Lower heels by bending ankles until calves are stretched. Repeat.

Cool Down / 12 Navy Recommended stretches 5-10 minutes