

Leg Press

45-degree sled / bilateral

Support your back and extend the knees and hips to press a sled along inclined rails.



Pressed position / Whole feet stay planted; avoid hard knee lockout.

Main muscles

The quadriceps extend the knees. The gluteus maximus extends the hips.

Assisting muscles

Hip adductors, including adductor magnus, assist. Hamstrings and calves also contribute.

How it works

The backrest supports the torso while hips and knees move together. The footplate travels with the sled.

Setup and stance

Check the backrest, racking mechanism and safety stops. Support your back, pelvis and head; hold the handles. Set feet near the platform center, roughly shoulder-width apart with toes slightly out. Maintain whole-foot contact.

Muscle contributions vary with position and machine. Hamstring and calf training is not necessarily equivalent to dedicated curl or calf exercises.

Support, lower, press

Leg Press



1 Support and unrack

Support the sled with both legs, then release the racking mechanism as instructed for that machine.

2 Lower smoothly

Bend the hips and knees. Track the knees with the toes and keep heels and whole feet planted.

3 Control your depth

Reverse before the pelvis rolls or hips or lower back lift from the pad. Avoid bouncing; use a pain-free range.

4 Press smoothly

Press through the whole feet to extend hips and knees. Stop short of snapping into a hard knee lock.

Lowered position / Knees track the toes; preserve pelvic and back position.

Technique checks

- Keep the back, pelvis and head supported; avoid inward knee collapse.
- Keep the heels down and feet on the platform.
- Finish by securing the sled on its stops; confirm support before removing your feet.

Choose a controlled load and individual stance and depth. Stop for pain. Follow your machine instructions for all safety controls and adjustments.

References

1. PureGym 45 Degree Leg Press - [puregym.com / exercises / 45-degree-leg-press](https://puregym.com/exercises/45-degree-leg-press)
2. Precor DPL0601 official sheet - [static.precor.com / DPL0601-Angled-Leg-Press-NA.pdf](https://static.precor.com/DPL0601-Angled-Leg-Press-NA.pdf)
3. Muscle evidence: Kinoshita et al. 2026 - pubmed.ncbi.nlm.nih.gov/41630124
4. Reference video: PureGym - youtube.com/watch?v=q4W4_VJbKW0

Model reference: A.png / The same images are used in both languages.