

BODY.BUILD

Wikipedia brings articles

What brings personalized fitness information & apps?



Education first

Graduated *magna cum laude* from the Menno Henselmans PT Course. The most advanced course for personal trainers on the planet.

Seated Leg Extension Modifiers & Cues ⓘ

Lean

upright (default)

back

leaning back stretches the Rectus Femoris and triggers more growth.
See this RCT: [The effects of hip flexion angle on quadriceps femoris muscle hypertrophy in the leg extension exercise](#)
Menno Henselmans clarifies this study:

- [in this instagram post](#)
- [and in this one](#)

Cues

full ROM
full range of motion for all reps

lengthened partials
only the long muscle length half of the ROM

pull on handles
pull on the handles to maybe get more tension on the quads. [It's also Jeff Nippard's number 1 leg extension tip](#)

Squat rack / Seated Leg Extension

1) The database

- Detailed exercise information
- links to video content, studies, etc

2) Applications on top

- Program creator
- Kcal calculator
- Gym tracker
- Weight logging

Program creator

The screenshot shows a workout program creator interface with the following details:

Workout Details: demo, day A, 3 sets per week for 2 weeks.

Exercises:

- Group 1: Romanian Deadlift (Barbell), Seated Leg Extension Machine (Leg Extension), Chest Supported Machine Rows (Row (chest supported)), Dumbbell Bench Press (Dumbbells). Each exercise has 2 sets at 60% 1RM.
- Group 2: Cable Overhead Tricep Extension (Cable Tower), Lying Dumbbell Bicep Curl (Dumbbells), Dumbbell Standing Calf Raise (Dumbbells), Standing Cable Lateral Raise (Cable Tower). Each exercise has 1 set at 60% 1RM.

Equipment: Barbell, Leg Extension, Row (chest supported), Dumbbells, Cable Tower.

Workout analysis:

- Number of sets per number of involved muscle groups: 8 sets of 1, 2 sets of 3, 4 sets of 4.
- Set counts per muscle group: Wrist Flexors (2.0), Wrist Extensors (2.0), Lower Pecs (2.0), Upper Pecs (2.0), Front Delt (2.0), Side Delt (2.0), Rear Delt (3.0), Lower Traps (2.0), Middle Traps (2.0), Upper Traps (2.0), Lats (2.0), Biceps (2.0), Triceps Med/Lat H. (2.0), Triceps Long H. (1.0), Abs (0.0), Spinal Erectors (2.0), Quads Vasti (2.0), Quads RF (2.0), Ham Long H. & semis (2.0), Ham Short H. (2.0), Glute Max (2.0), Glute Med (2.0), Gastroc (2.0), Soleus (2.0).

Drag-and-drop with fractional volume counting

Personalized Kcal & volume calculator

dieter 2025-2 (Copy)

Personal information

Sex	male
Age	40.0 years
Weight	75.5 kg
Height	180.0 cm
Body Fat	18.0 %
Activity Level	Sedentary
Recovery Factor	0.8

Training & Nutrition

Trainee level	intermediate
Workouts	3 per week
Normalized Workout Duration	45 min
Energy balance	80 %
TEF multiplier	1.15
AT multiplier	1.00

Resulting Facts

BMI 23.30

Training EE 322 kcal

BMR Choose formula

1707 (Cunningham 1991)

1882 (Tinsley)

1854 (Ten Haaf)

Day	EE	Target kcal intake
Resting	1963	1571
Training	2334	1867
Average	2122	1698

Resulting Parameters

these params are derived from your inputs. You may optionally override them

Muscle specific overrides

Intensity: 60,70

Add for: Select muscle

Sets /week/muscle: 11

Biceps 14

Abs 4

Workout Statistics

X

2 sets of 1



3 sets of 3



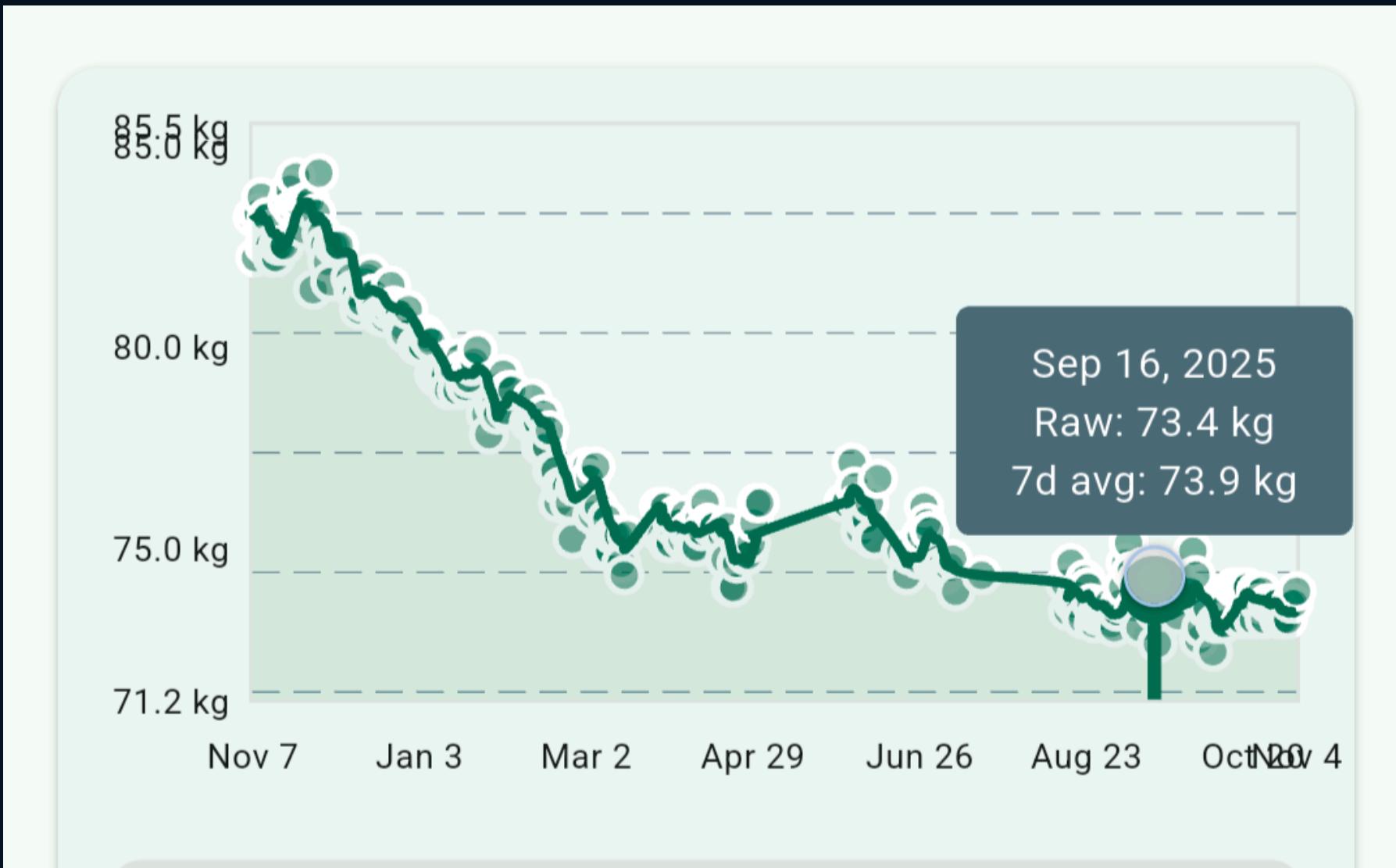
Volume by Muscle Group

Wrist Flexors	 0.0
Wrist Extensors	 0.0
Lower Pectoral	 3.0
Upper Pectoral	 3.0
Front Deltoids	 3.0
Side Deltoids	 0.0
Rear Deltoids	 0.0
Lower Trapezius	 0.0
Middle Trapezius	 0.0
Upper Trapezius	 0.0
Latissimus Dorsi	 0.0
Biceps	 2.0
Triceps Medial/ Lateral Head	 3.0
Triceps Long Head	 0.0

Mobile Gym tracker

- Log sets
- Track progress and achievements
- See coverage
- Refine program (WIP)

Weight logging



Links

- <https://body.build>
- app store & play store
- <https://github.com/Dieterbe/body.build>
- info@body.build