



LEG EXTENSION

Instructions:

Adjust the back pad. Sit with your back firmly against the back pad and the back of your knees securely supported by the seat.

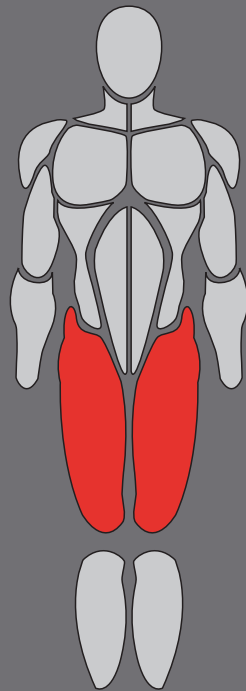
Adjust lower leg rollers to rest comfortably on the lower portion of your shin.

Insert pin into weight stack at desired resistance level.

Grasp stabilizer bars at either side of the seat.

Flex your legs upward at a slow and moderate pace.

Pause at the top of the upward movement and slowly return to starting position. Repeat the movement.



Muscle Group:
Quadriceps

1



2



LEG CURL

Instructions:

Adjust seat pads and leg hold down pads so your legs are held securely.

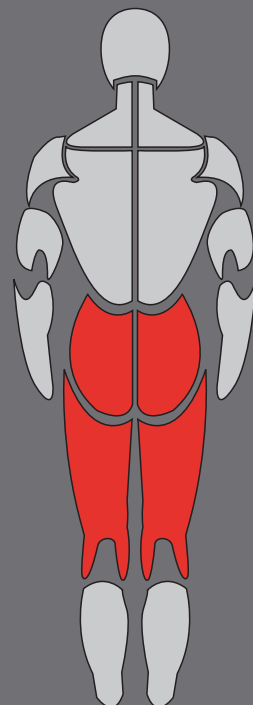
Adjust lower leg rollers to rest comfortably on the rear of your foot.

Insert pin into weight stack at desired resistance level.

Grasp stabilizer bars at either side of the seat.

Flex your legs downward at a slow and moderate pace.

Pause at the bottom of the downward movement and slowly return to starting position



Muscle Groups:
Hamstrings
Gluteus Maximus
(buttocks)

1



2

