

LEG EXTENSION

INSTRUCTIONS

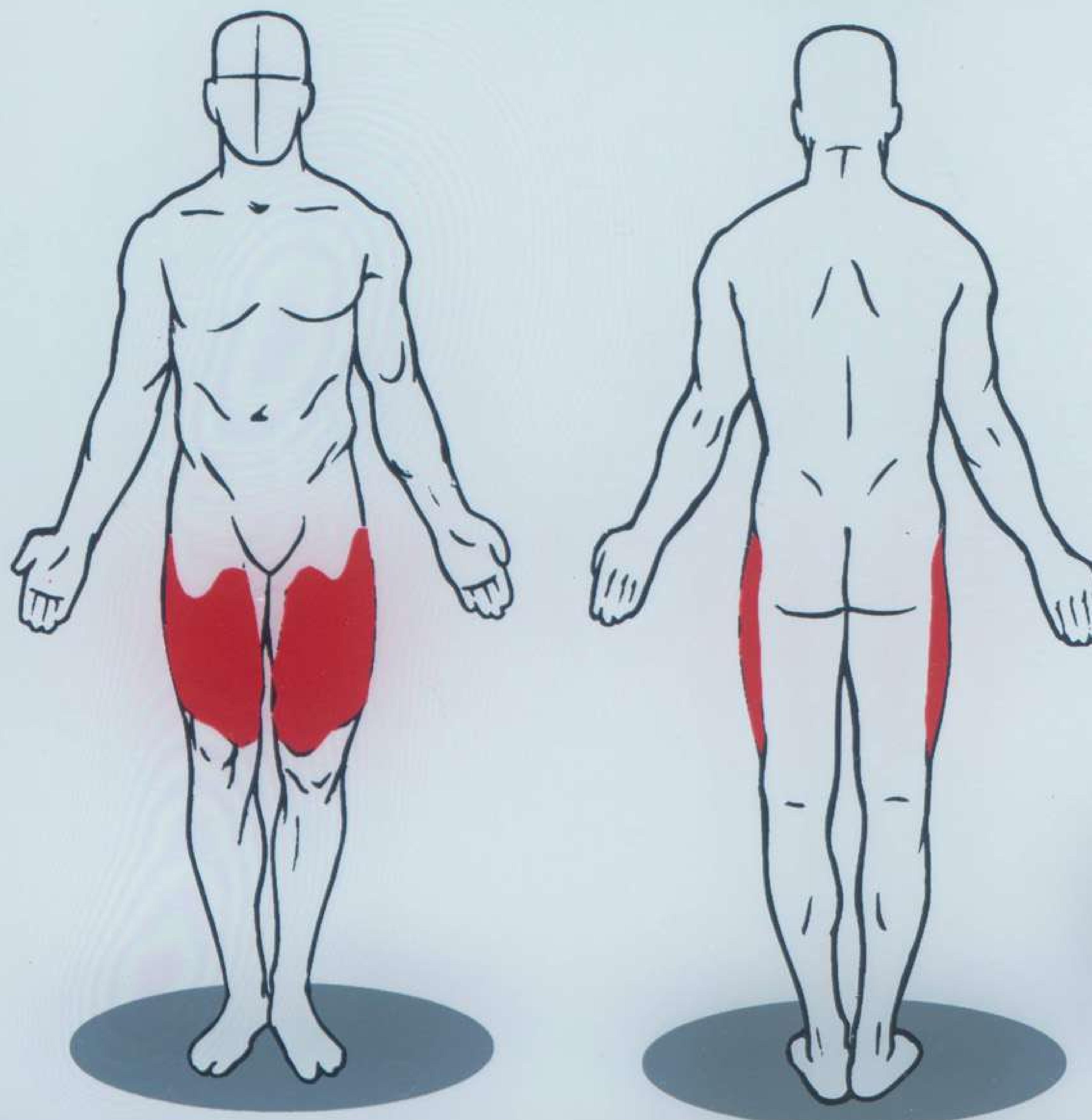
- 1 Read all Caution • Warning Labels before using this equipment.
- 2 Position your body correctly. Adjust the back pad. Sit with your back firmly against the back pad and the back of your knees securely supported at the front of the seat pad. Adjust the foot rollers so they are resting comfortably on the top of your insteps.
- 3 Insert pin into weight stack at desired resistance level.
- 4 Grasp the stabilizer bars on each side of the seat pad to hold your body down throughout the exercise movement.
- 5 Raise your lower legs at a smooth, moderate pace to a comfortable extension position.
- 6 Pause for a moment, then slowly return to the start position and repeat the movement.



START



FINISH



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