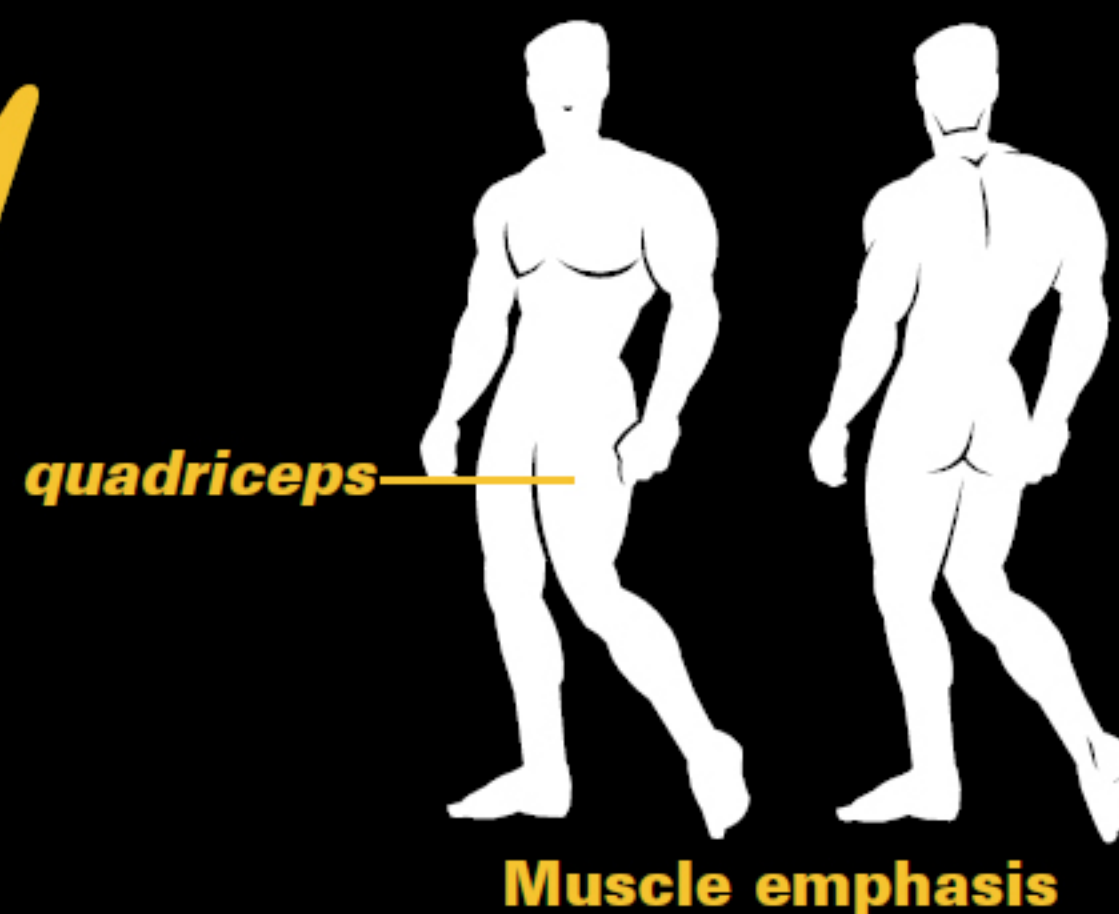
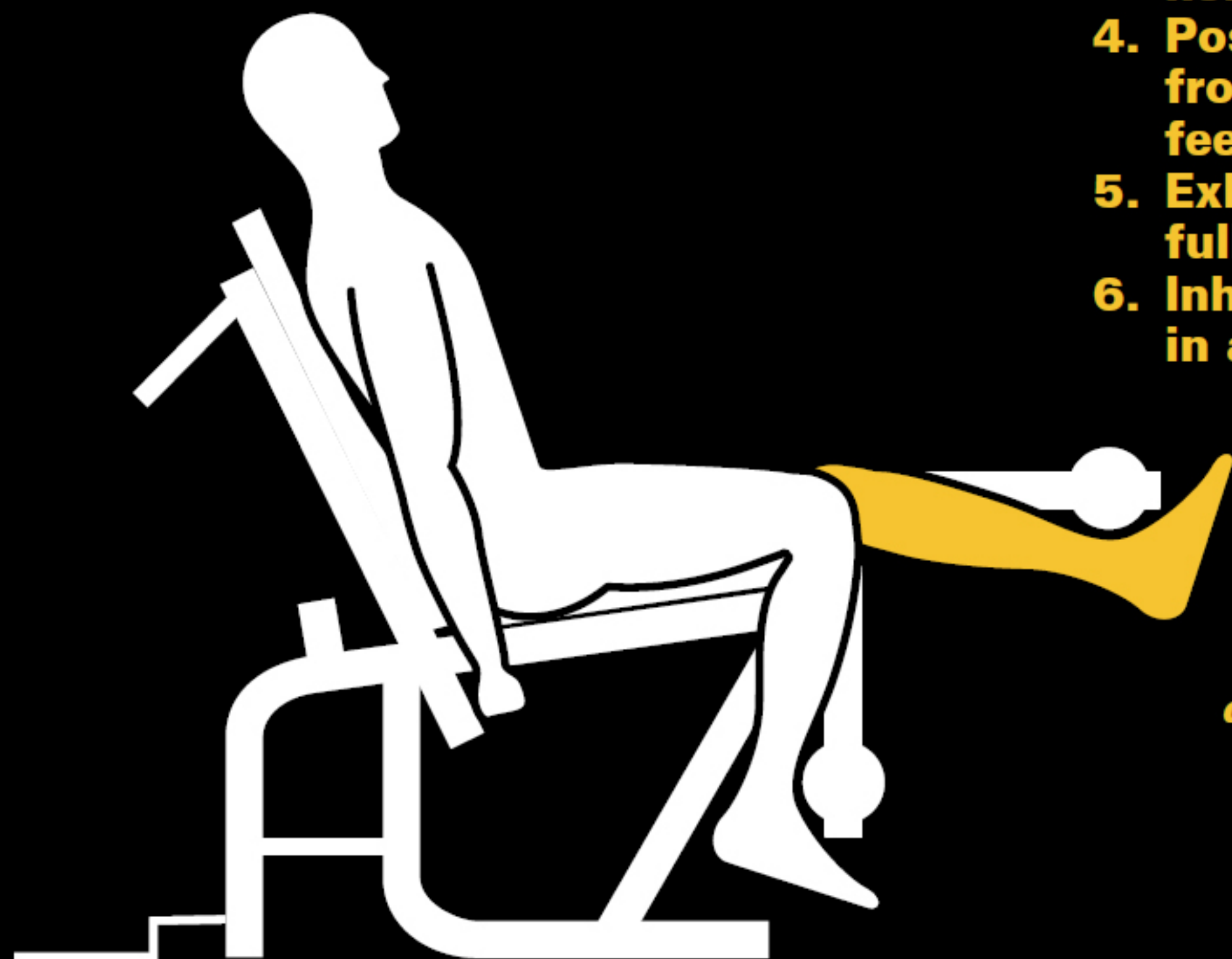


Front of Legs (quadriceps)

LEG EXTENSION

1. Select desired weight.
2. Adjust seat back pad to the inclined position.
3. While seated, adjust lower rollers to ankle height.
4. Position the back of your knees against the front of the lower seat pad and top of your feet behind the lower roller pads.
5. Exhale while extending your legs out to a full extension.
6. Inhale while returning to the start position in a slow and controlled manner.

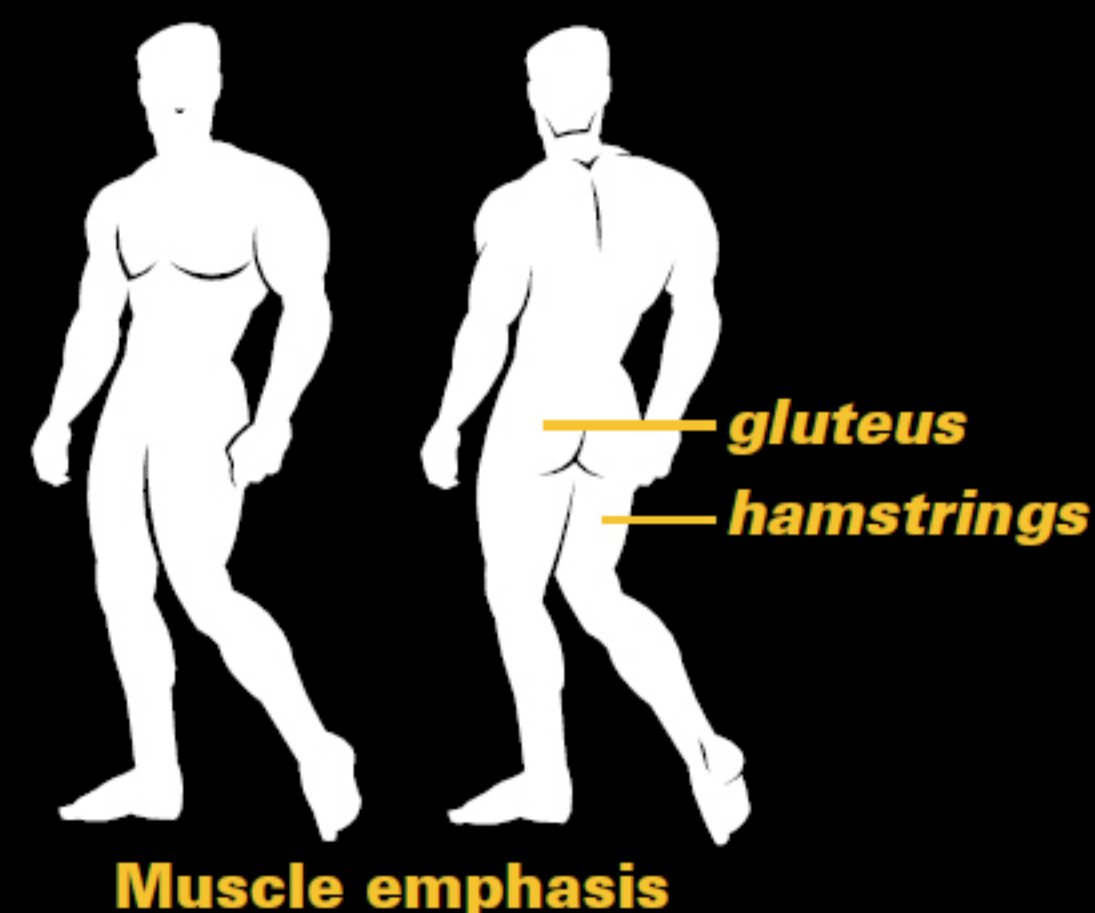


Always consult a physician or exercise professional before starting this or any exercise program

Glutes, Back of Legs (hamstrings)

LEG CURL

1. Select desired weight.
2. Adjust seat back pad to the declined position.
3. Lie with your body facing down against the seat pads.
4. Position your knees slightly beyond the front of the lower seat pad and the backs of your ankles under the upper roller pads.
5. Exhale while bringing your legs towards your buttocks to a full contraction.
6. Inhale while returning to the start position in a slow and controlled manner.



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