


Exercise


Intended Use


The intended commercial use of this machine is to aid exercise and improve general physical fitness.

Instructions


 Read and understand all instructions and warnings prior to using this machine in the Safety section of the Owner's Manual.

All adjustment points on the machine have yellow handles or knobs.

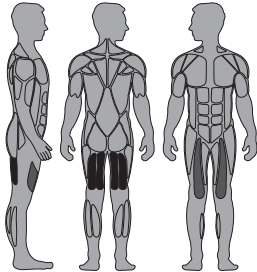
1. Adjust back pad so when seated, knees align with machine's axis of rotation. 
2. **Leg Extension** - Comfortably position leg and apply light pressure.
3. **Leg Curl** - Adjust leg pad comfortably behind ankles. Lower thigh pad to a snug position.
4. **Leg Extension/Leg Curl** - Grasp handles and stabilize body.
5. **Leg Extension** - Push forward and up against pad until legs are straight.
6. **Leg Curl** - Pull down and back until feet are below seat.

 **CAUTION:** *Serious injury can result if precautions are not followed. Use equipment only as described in placards located on each machine. Failure to use in the manner depicted can result in injury.*

LEG EXTENSION/LEG CURL





START/FINISH LEG EXTENSION



Motions Developed
Knee Extension,
Knee Flexion

Muscles Used

-  **Leg Extension** - Quadriceps
-  **Leg Curl** - Hamstrings