PRO·DUAL by Body-Solid

LEG PRESS

Instructions:
Sit and adjust the back rest so your knees are bent in a comfortable position.

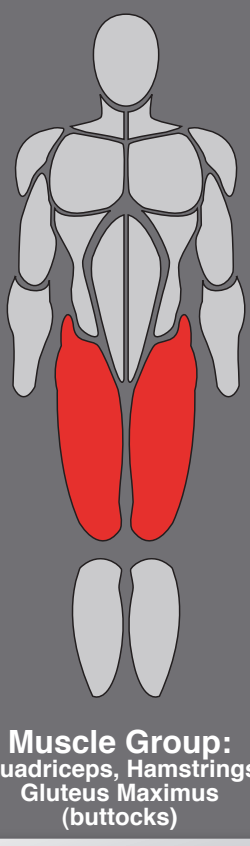
Place your feet in a comfortable position on the press plate.

Insert selector pin in weight stack at desired resistance level

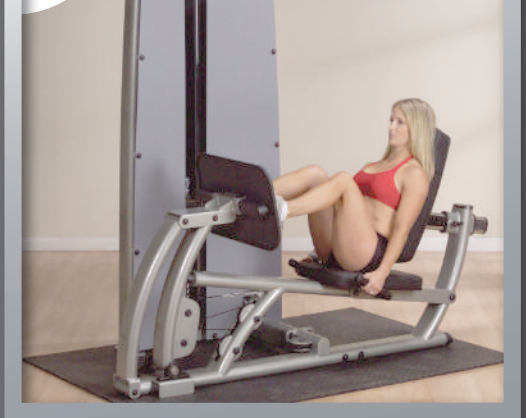
Grasp stabilizer bars on either side of the seat to help hold you body during exercise

Flex your legs outwards at a smooth, controlled rate. DO NOT fully extend and lock your legs during the exercise.

Pause for a moment, then slowly return to the starting position and repeat the movement.



Muscle Group:
Quadriceps, Hamstrings
Gluteus Maximus
(buttocks)





CALF EXTENSIONS

Instructions:
Sit and adjust the back rest so your knees are in an extended and bent comfortable position.

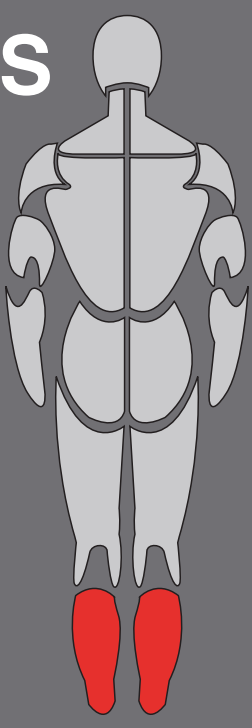
Position the upper portion of your foot on the lower section of the press plate.

Insert selector pin in weight stack at desired resistance level

Grasp stabilizer bars on either side of the seat to help hold you body during exercise

Flex your foot outwards at a smooth, controlled rate.

Pause for a moment, then slowly return to the starting position and repeat the movement.



Muscle Groups:
Gastrocnemius





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