

2 - Exercise

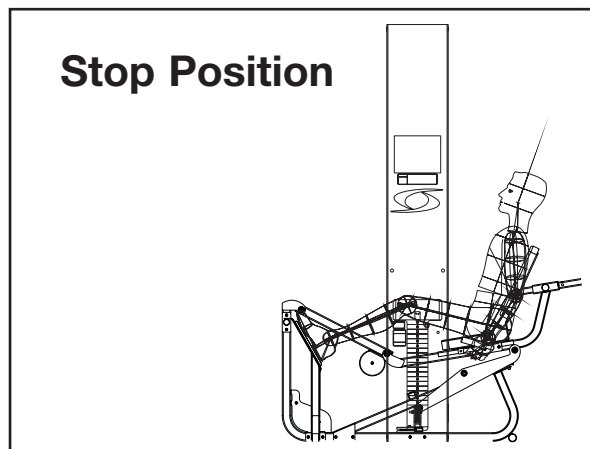
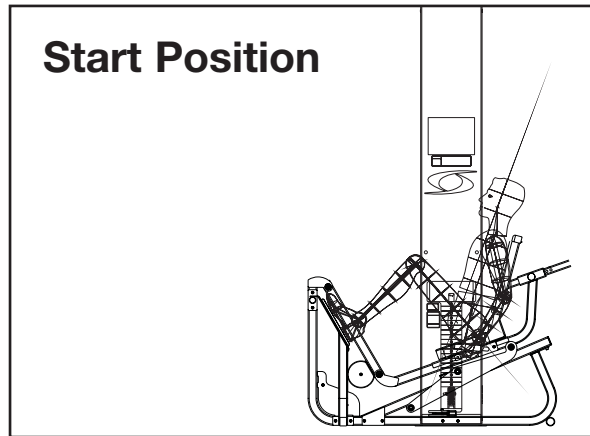
5652/5322 - Modular Seated Leg Press

1. Select appropriate resistance.
2. Adjust seat mechanism to desired starting position.
3. Located feet securely on foot plates and position yourself squarely in seat.
4. Lift/lower resistance with smooth, controlled movements.

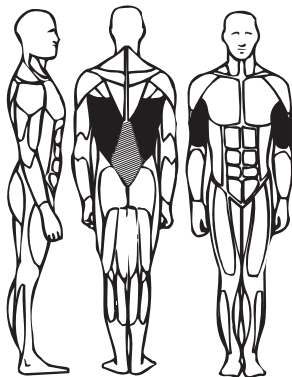
NOTE: Do not hyperextend (lock) knees during movement.

NOTE: The appropriate starting position will allow your feet to be securely located on the foot plates, legs to be placed at approximately 90 degrees and your back squarely positioned against back pad.

NOTE: Maintain proper back positioning during exercise to reduce chance of back injury.



MUSCLES TRAINED



Primary - Pectoralis Major

**Secondary - Anterior Deltoid, Triceps
(Basic Press) and Biceps
(Advanced Press)**