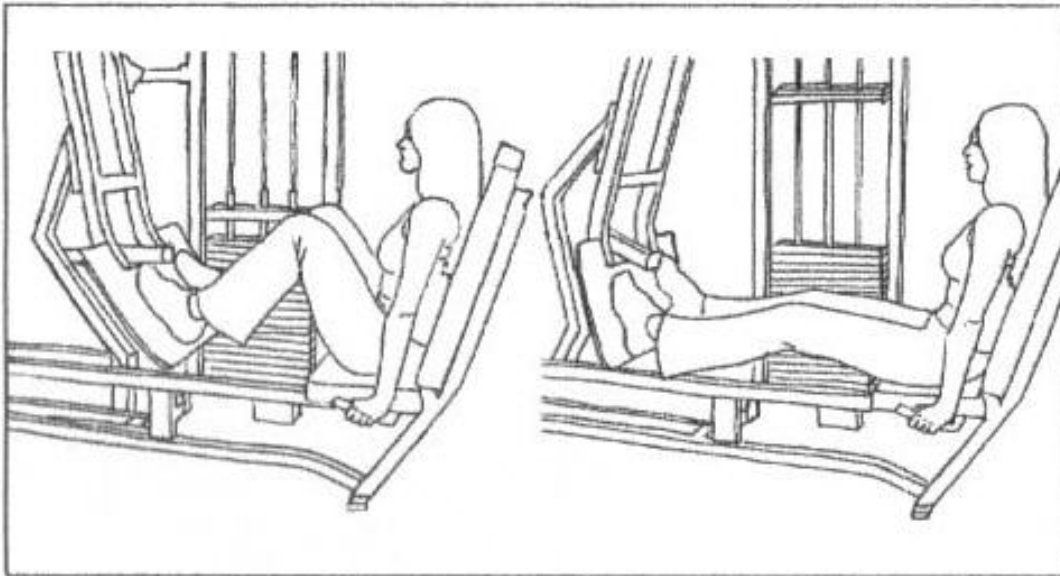




Perfect Fit Personal TrainingSM & Get Fit Boot CampSM



Seated Leg Press – machine

Instructions

- 1) *Sit at the machine with your feet firmly on the platform.*
- 2) *Grasp the hand hold on either side of your buttocks.*
- 3) *Slowly extend your legs pushing the platform outward – do not lock your knees.*
- 4) *Slowly return to the starting position.*

Key Points

- 1) *Keep your back flat against the machines pads at all times.*
- 2) *Your toes should be pointed upward and remain in alignment with your knees.*
- 3) *Maintain slow controlled movements at all times.*