

LEG CURL

The Vitality Series Leg Curl features a walk-in setup and adjustable start position to customise the workout. A fixed shin pad and self-aligning ankle pad provide comfort and convenience for the user. Ratcheting back pad allows for easy knee-to-pivot alignment. Users can easily engage the add-on weight with a simple push of a lever to increase the work load.

ADJUSTABLE START POSITION

The start position is designed to fit all users and can be easily adjusted from the start position.



LOWER LEG PAD

The lower leg pad is self-adjusting, enable the user to get in and get started while remaining comfortable during the movement.



ADJUSTABLE BACK PAD

Reducing sheer force on the knee joint is important with this unit. The adjustable back pad allows for proper knee-pivot alignment to do so.

USER GUIDE

- The leg Curl works the hamstrings.
- Adjust the back of the seat so that when you sit down the knee should be in line with the pivot point.
- Sit on the seat
- Select the weight (in kg/lbs).
- Thread your legs through the pads so the foot pad is on your heels. Pull the lever towards you and raise the heel pad as high as possible.
- Start the exercise, curling the legs back to the bottom of the chair, NEVER locking the knees.
- Ensure that the weights do not bang on the return. They should only touch down when you have completed your set.
- remember to keep breathing!

HEALTH
HUB

Remember to never lock your joints, keep your body in line, control the speed & never drop the weight.
ALWAYS put back any equipment you have used & wipe down.

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