

LEG EXTENSION

The Vitality Series Leg Extension features multiple, adjustable start positions for workout flexibility and a self-aligning ankle pad for comfort and convenience. Ratcheting adjustable back pad allows easy alignment of knee to pivot, for sound biomechanics. 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

SEAT ANGLE

The seat angle is set at the optimal angle to ensure users can fully extend their legs and get a complete contraction of the leg muscles.



ADJUSTABLE BACK PAD

Reducing shear 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 ext works the quads.
- Adjust the back of the seat so that when you sit down, your legs should hang down and there should be no gap between the seat and back of the knee. .
- Sit on the seat
- Select the weight (in kg/lbs).
- Pull the lever towards you and bring the pad back as far as possible (usually no 1-2).
- Start the exercise, extending the legs up, 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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