

LEG PRESS

The Vitality Series Leg Press/Calf Extension features an articulating foot pad that stays vertical to mimic a squat movement and allows for full extension during calf exercise. Ratcheting seat back allows for desired start position. Large, non-slip, wear-resistant rubber foot pad allows users to easily perform both exercises. Users can easily engage the add-on weight with a simple push of a lever to increase the work load.



LARGE FOOT PLATFORM

The large foot platform allows users of all sizes to adjust placement as needed, as well as having the space to move into different positions for exercise variety.

WALK-THROUGH DESIGN

This convenient design allows users to enter and exit on either side of the unit, a very beneficial feature when space is an issue.



FOUR-BAR LINKAGE

The design of the foot pad assembly ensures that there is a smooth natural path of motion, much like that of a standing squat.

USER GUIDE

- The leg press works the quads, glutes and hamstrings.
- Adjust the back of the seat so that when you place your feet on the pad, your legs are around 90 degrees.
- Sit on the seat
- Select the weight (in kg/lbs).
- Put your feet on the pad, ensure that your feet and knees are in line with your hips. Make sure your knees **DO NOT** go over your toes.
- Start the exercise, pushing the pad forwards, 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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