

## 4-PERSON LEG PRESS

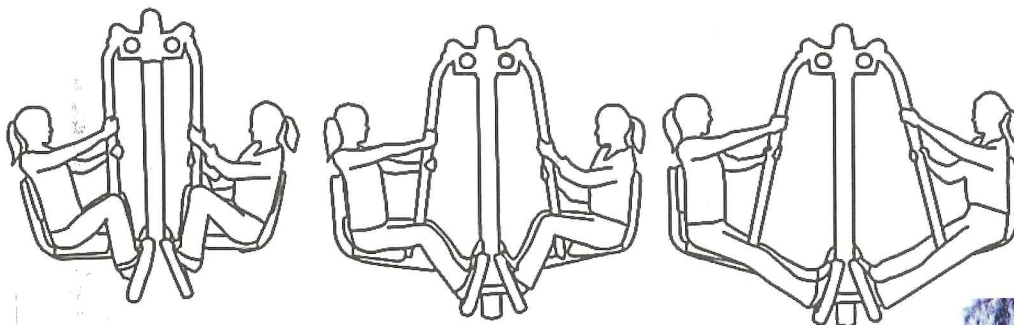
GR2005-1-104

### TYPE OF ACTIVITY:

Lower Body - The Leg Press is a great Multi-Joint exercise which helps developing strength in the quadriceps, hamstrings, calves and glutes. Multi-joint exercises closely simulate the way your body works in daily functional activities. The Leg Press is a great exercise for tightening and toning the legs.

### INSTRUCTIONS:

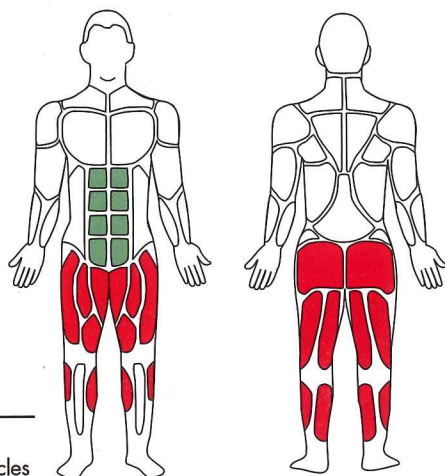
1. Sit on seat with legs braced against foot pad.
2. Push body away from the footrest.
3. Hold and return to start position.
4. Do not lock your knees.



### EXERCISE INTENSITY:

1. Use this equipment only within your own physical capabilities.
2. Increase repetitions for a longer and more beneficial workout.
3. Control your breathing.
4. Number of repetitions per session:

Teens & adults: 20 –30 repetitions  
Active Seniors: 15 - 20 repetitions



#### LEGEND

- Target Muscles
- Secondary Muscles

### NOTICE:

1. Not suitable for people with general health conditions.
2. Do not over exert yourself.
3. Keep fingers, toes, hair or other body parts away from equipment elements during exercise.
4. This equipment is designed for the use and enjoyment of individuals older than 14 years of age.