

KNEE EXTENSORS

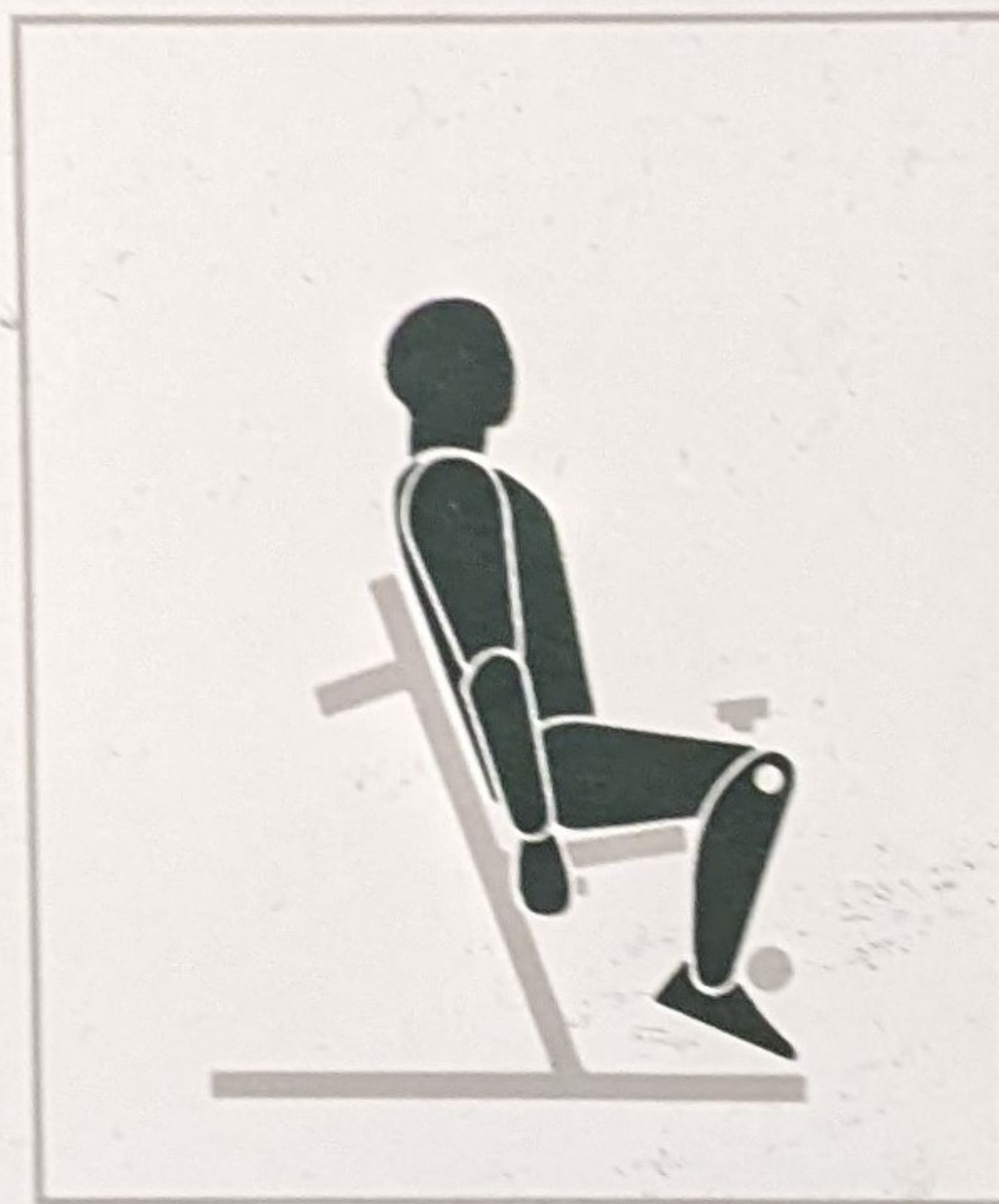
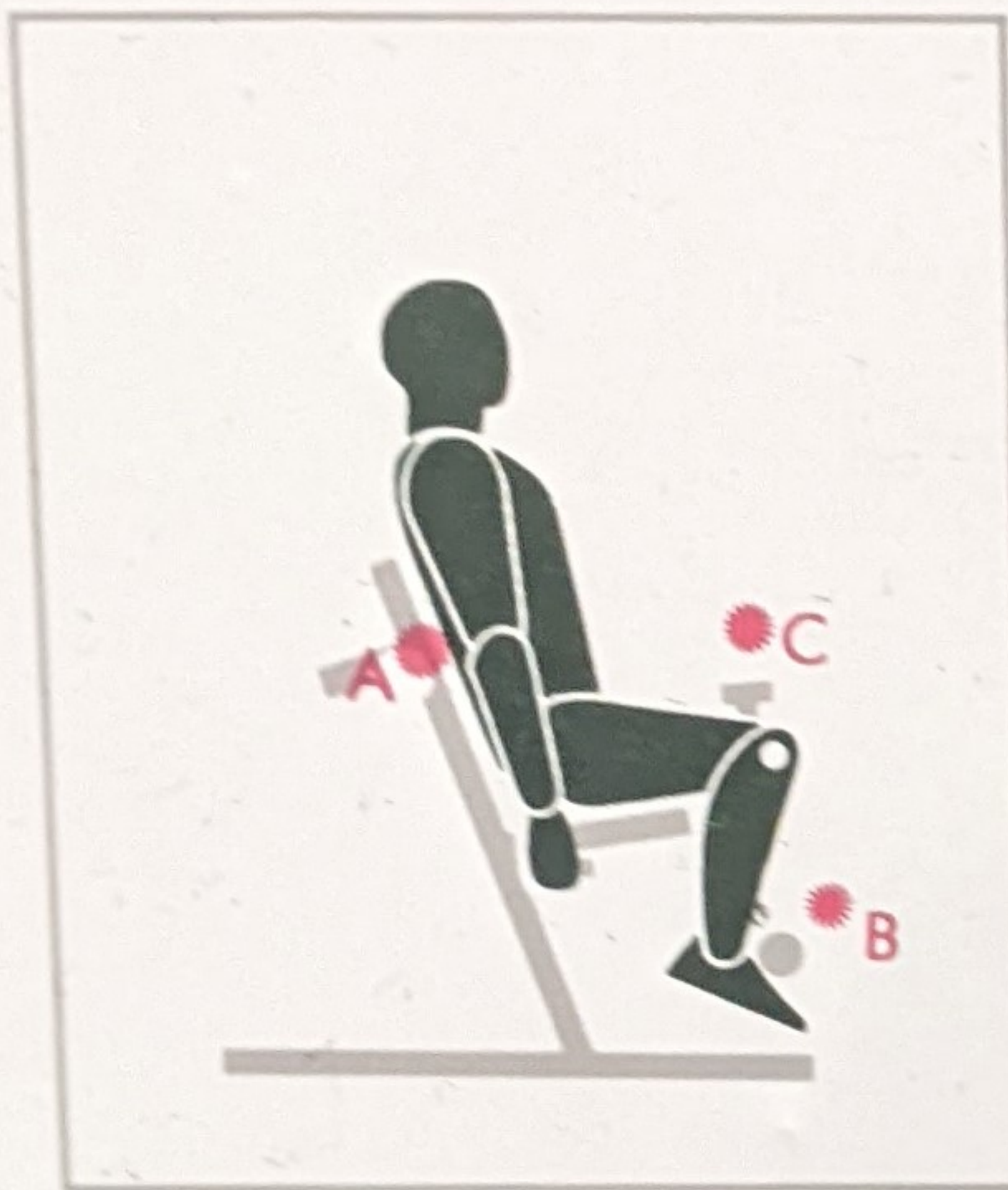
- Adjust backrest A - so that seat pad supports the back of the knees
- Place your feet behind lever B - the lever automatically adjusts to your leg length and pivot of knee
- Select weight
- Extend knees to full extension - return smoothly
- Use spring plunger C if you wish to adjust total range of movement



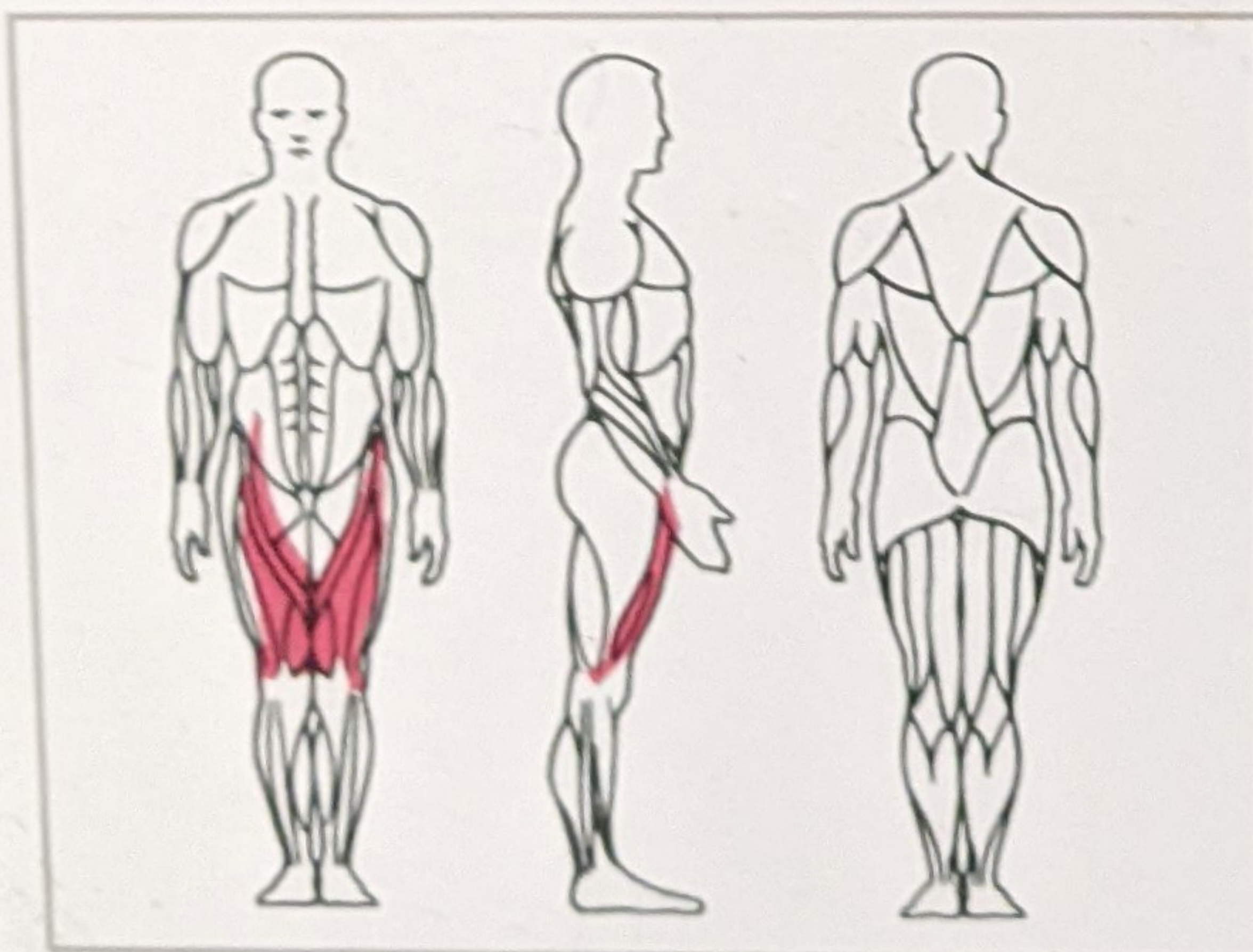
Setting Up

Start

Finish



Muscles Used



Training Tips

- Pull toes towards knees as you extend
- Avoid full lockout of knees
- Rehab - training - extend with both legs - return using one
- Do not bend more than 90° at start

Muscles Used

Quadriceps (Knee Extensors)
 Rectus Femoris - Vastus Lateralis
 Vastus Medialis - Vastus Intermedius

WEIGHT NO.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
KG's	8	12	16	20	24	28	32	36	40	44	48	52	56	60	64

WEIGHT NO.	16	17	18	19	20	21	22	23	24	25
KG's	68	72	76	80	84	88	92	96	100	104