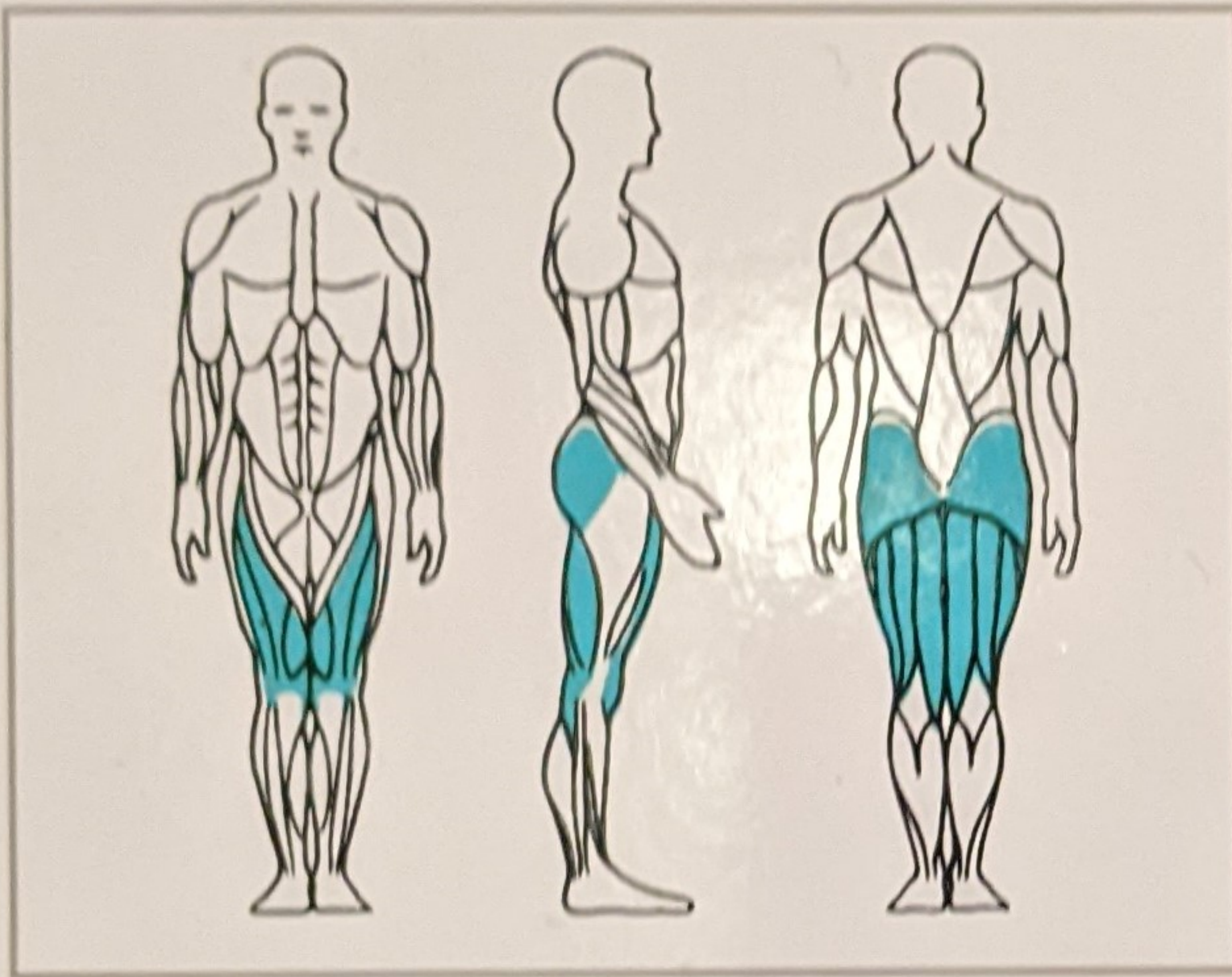


RECUMBENT LEG PRESS

- Adjust start position using spring plunger **A** - knees should be bent at approximately 90° at start position
- Select weight
- Place feet on lower footplate
- Push out to full extension of knees
- Return smoothly

Muscles Used



Training Tips

- In start position feet should be about shoulder width apart and toes turned slightly out
- Use upper footplate if fatigued and you cannot complete your set or as easier start position

Muscles Used

Quads/Hamstrings (Hip/Knee Extensors)

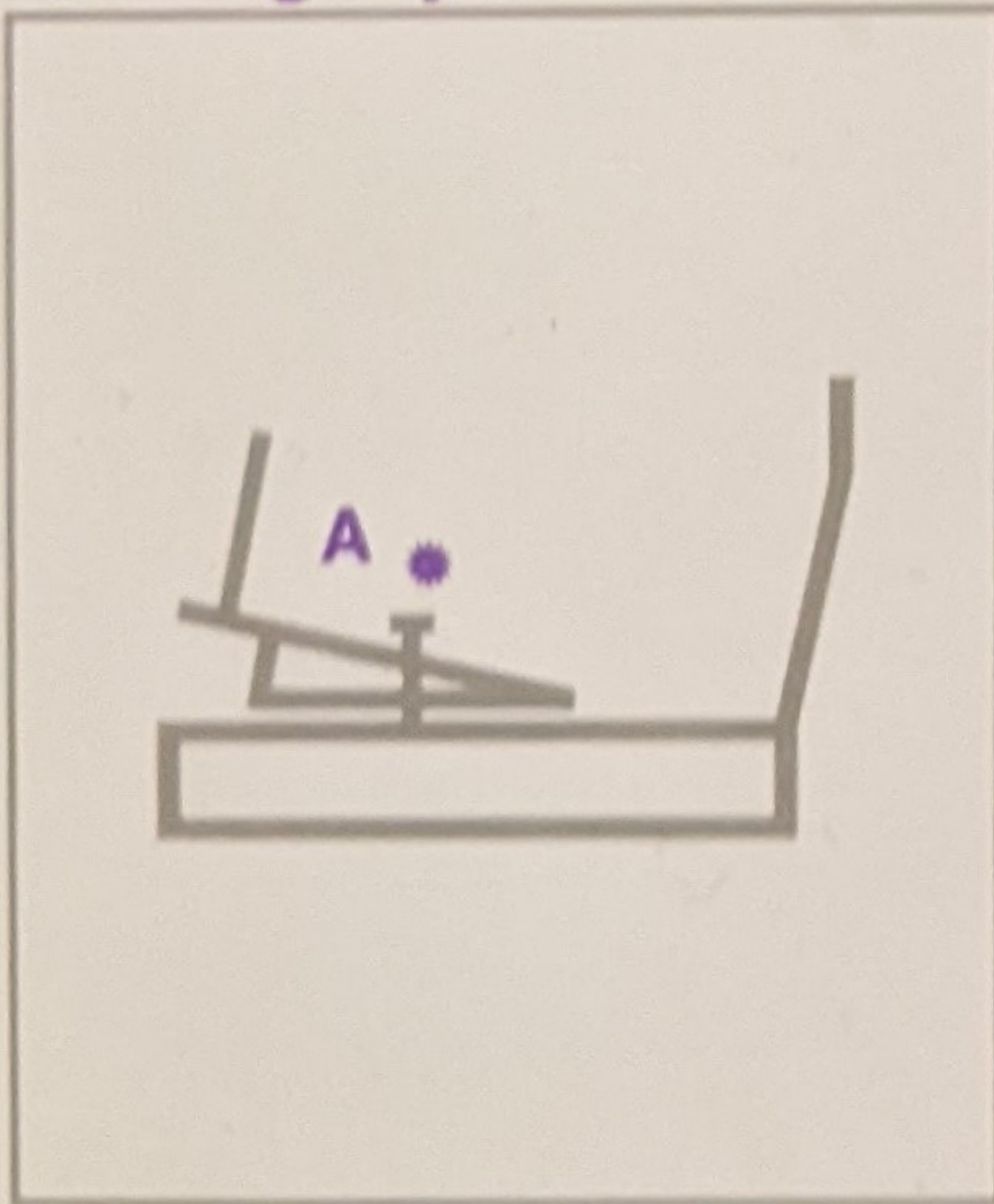
Rectus Femoris - Biceps Femoris -

Semitendinosus - Semimembranosus -

Vastus - Lateralis/Medialis/Intermedius -

Gluteus Maximus

Setting Up



Start



Finish



WEIGHT NO.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
KG's	10	20	30	40	50	60	70	80	90	100	110	120	130	140	150
WEIGHT NO.	16	17	18	19	20	21	22	23	24	25					
KG's	160	170	180	190	200	210	220	230	240	250					