

5653/5307 - Modular Leg Extension/Leg Curl

1. Select appropriate resistance.
2. Adjust back pad so that center of knees align with machine's axis of rotation.
3. Pull detent pin on input arm, lowering arm into one of the two start positions.
4. Pull detent pin and adjust height of lower leg pads to a height comfortable above ankles.
5. Lift/lower resistance with smooth, controlled movements without resting.

