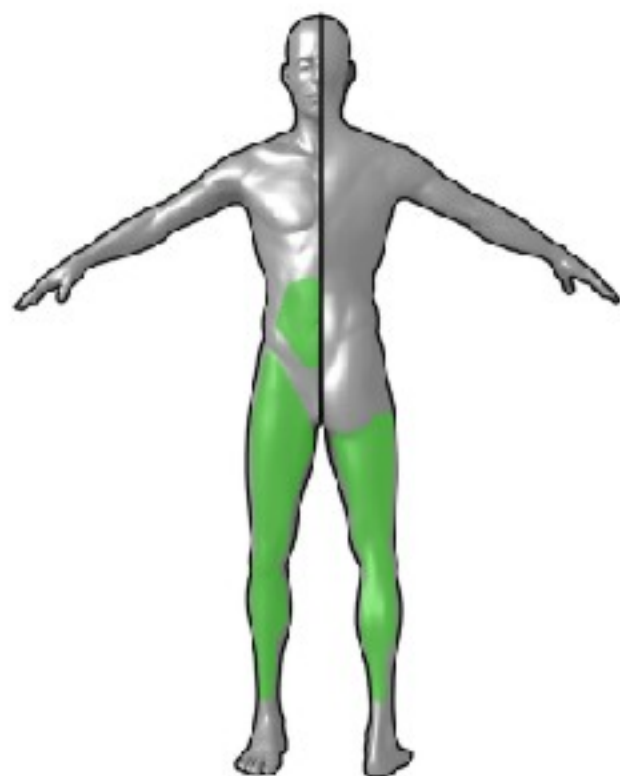


Leg Press

Digby Street, Kettering, Northants,
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Activity type:

~ Strength



Muscle Groups

BEGINNER



5 - 7

Reps

INTERMEDIATE



7 - 10

Reps

ADVANCED



10 - 15

Reps

Instructions for use:

- Sit upright in the seat with the back vertical and pushed firmly against the seat rest
- Place both feet flat on the foot rests & have knees bent to right angles
- Place both hands on the vertical bar at chest height
- Push with both feet together until legs are straight
- DO NOT lock your knees
- Lower back to start position in a controlled manner
- Increase reps as your fitness improves



If in doubt about undertaking physical exercise always consult a doctor beforehand. This equipment is intended for use by adults and children above 12 years of age.