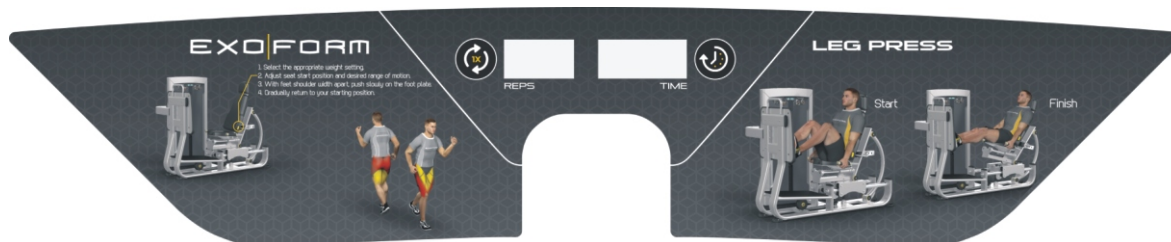


Exercise Instructions



1. Select the appropriate weight setting.
2. Adjust seat start position and desired range of motion.
3. With feet shoulder width apart, push slowly on the foot plate.
4. Gradually return to your starting position.



Start



Finish