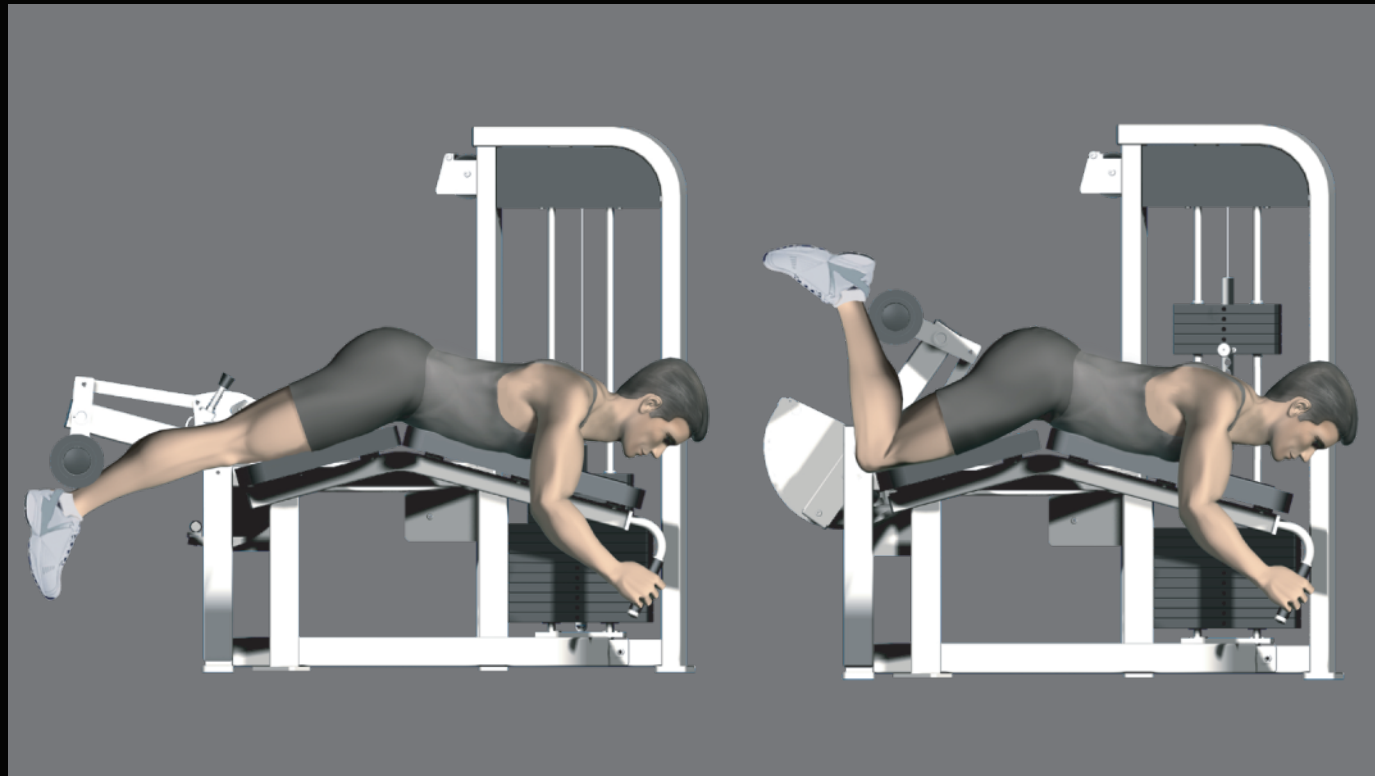
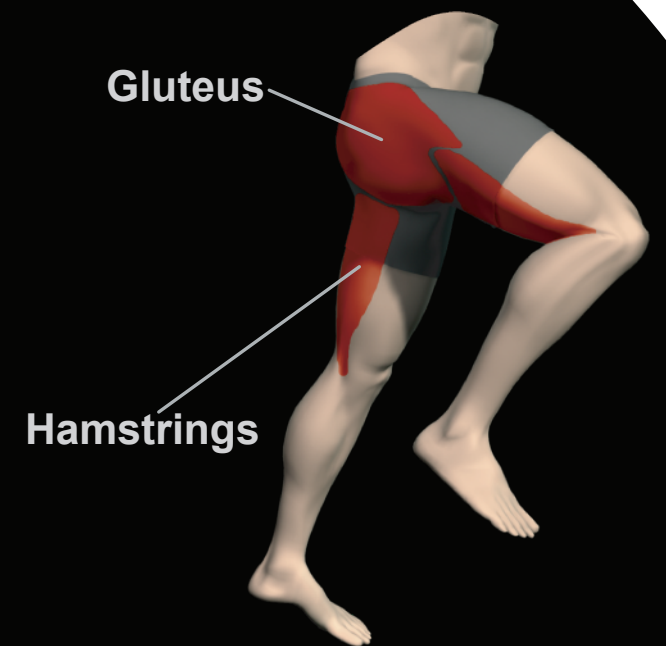


LifeFitness[®]

1. Lie face down, placing back of ankles under pad, adjusting pad if necessary.
2. Position knees just off end of pad and grip handles.
3. Keeping hips in contact with pad, slowly bend knees until ankle pad is close to buttocks.
4. Return weight with controlled movement to starting position.



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