

*LifeFitness*<sup>®</sup>

1. Adjust back pad to align pivot point at knee.

2. Adjust ankle pad to align with back of ankle.

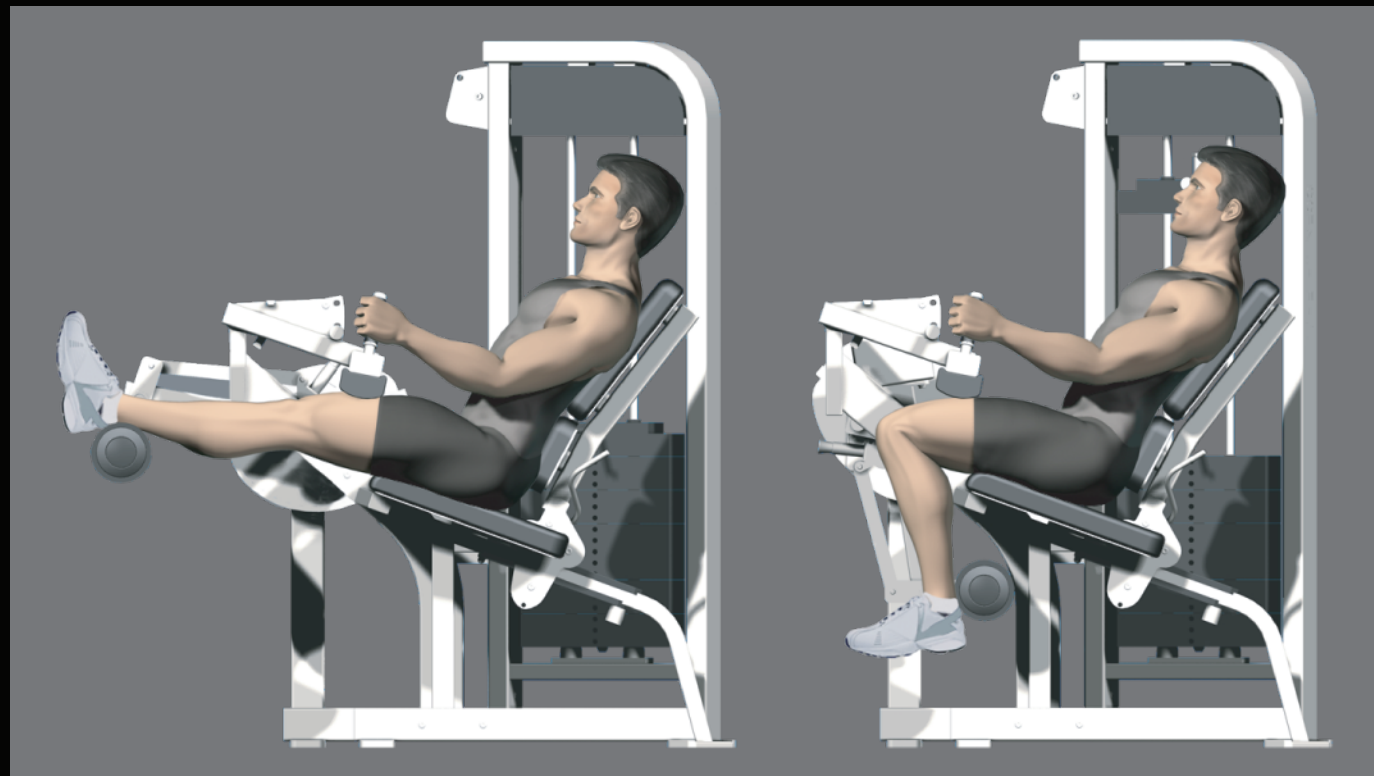
3. With legs on top of ankle pad, lower the thigh pad comfortably against legs and grip handles.

4. Slowly curl pad down and return to starting position.

5. Raise thigh pad to upper position for easy exit when finished.

Gluteus

Hamstrings



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**S E A T E D   L E G   C U R L**