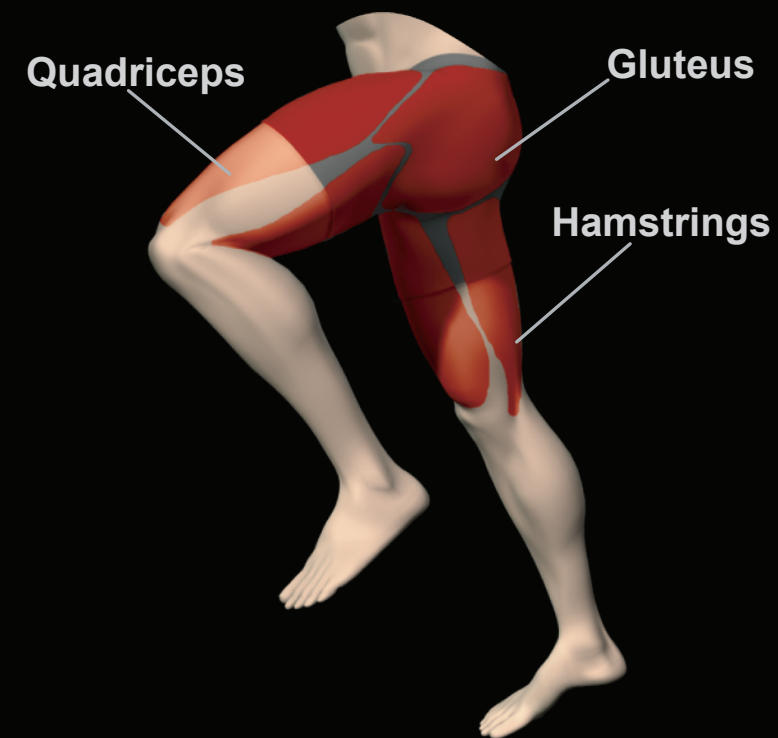


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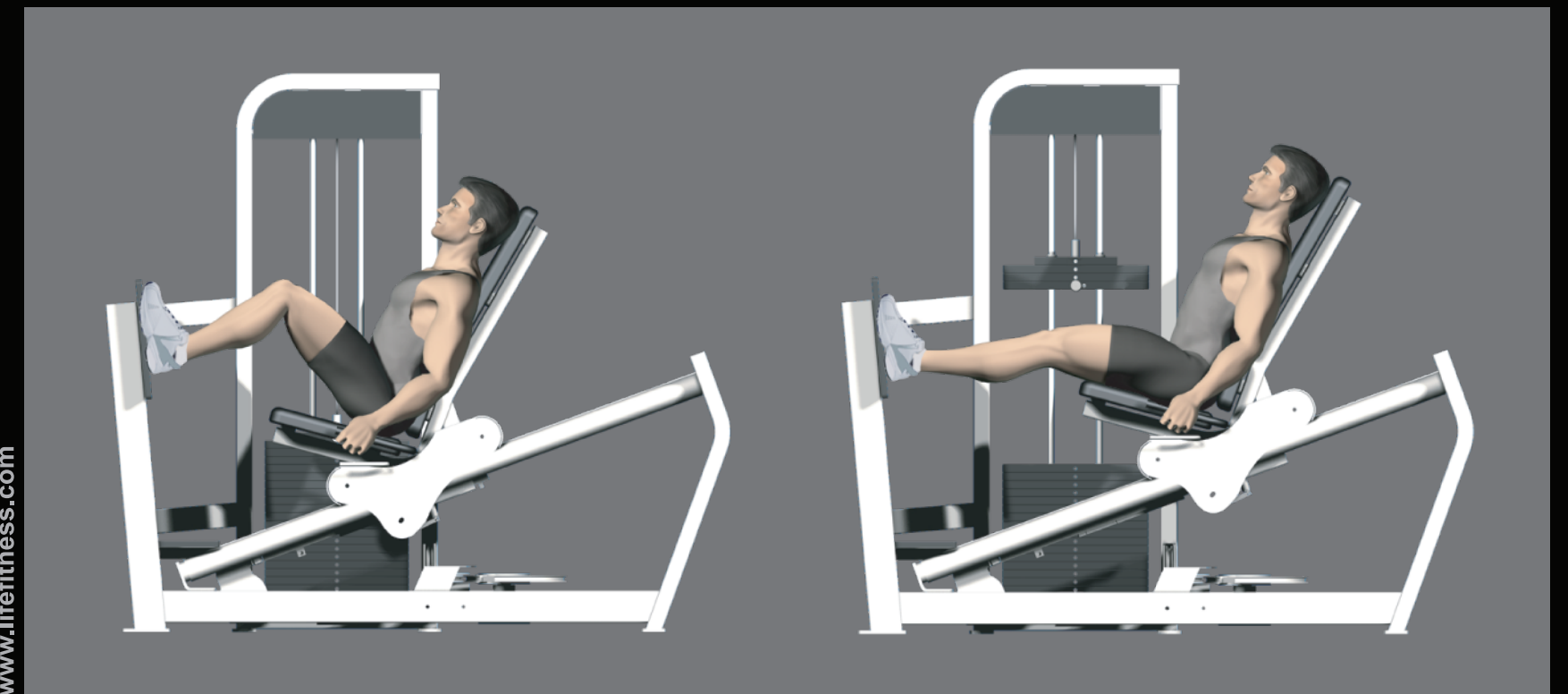


1. Adjust start position to desired range of motion.
2. Place feet on foot plate and grip handles.
3. Slowly push against foot plate until knees are slightly bent, keeping lower back and hips against back pad at all times.

Tip: Regardless of foot position, keep knees lined up over toes during exercise.

4. Return weight with controlled movement to starting position.

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