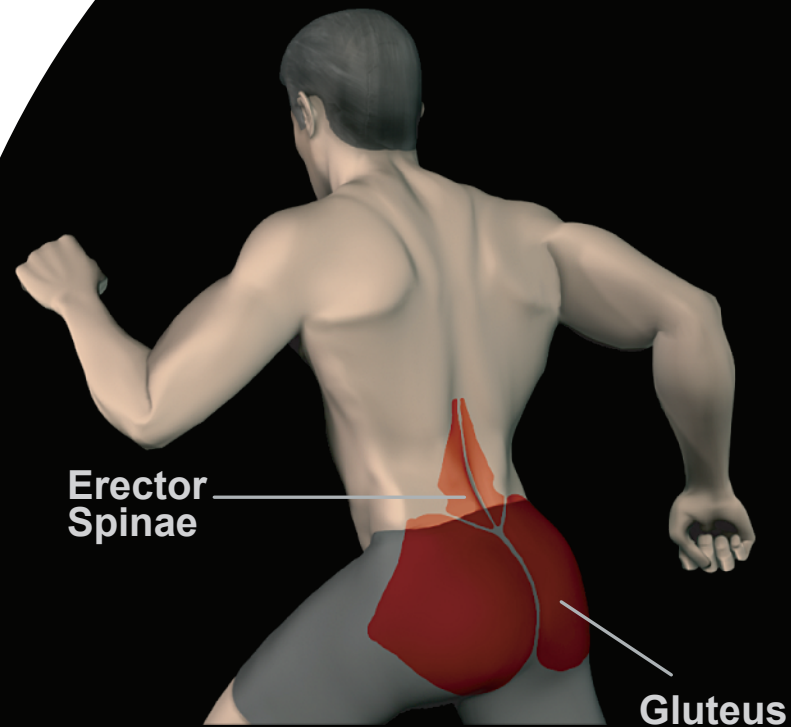


Life Fitness[®]

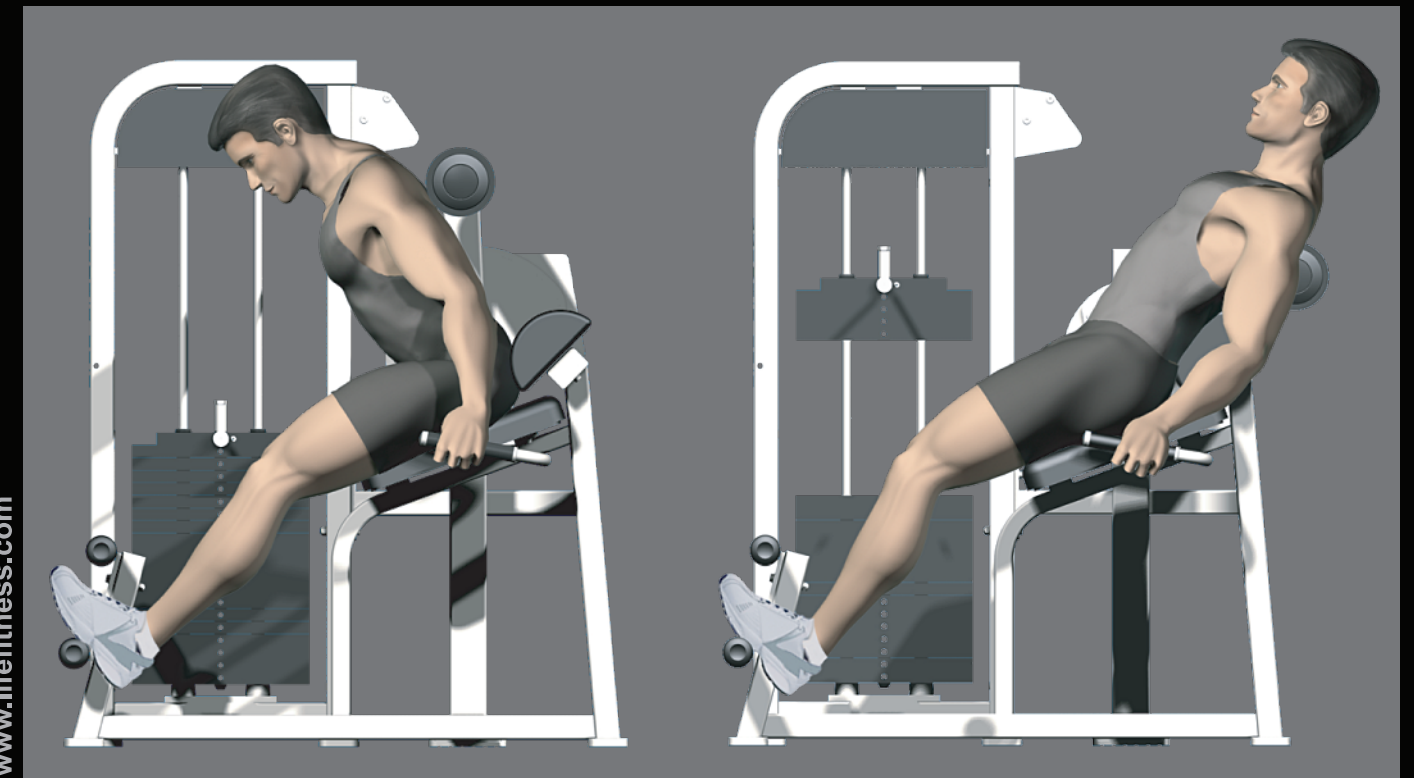


1. Place feet on desired foot support. Bend knees slightly and push hips against lumbar pad.

2. Adjust start position for desired range of motion.

3. Grip handles and extend back until low back contacts lumbar pad.

4. Return weight with controlled movement to starting position.



BACK EXTENSION