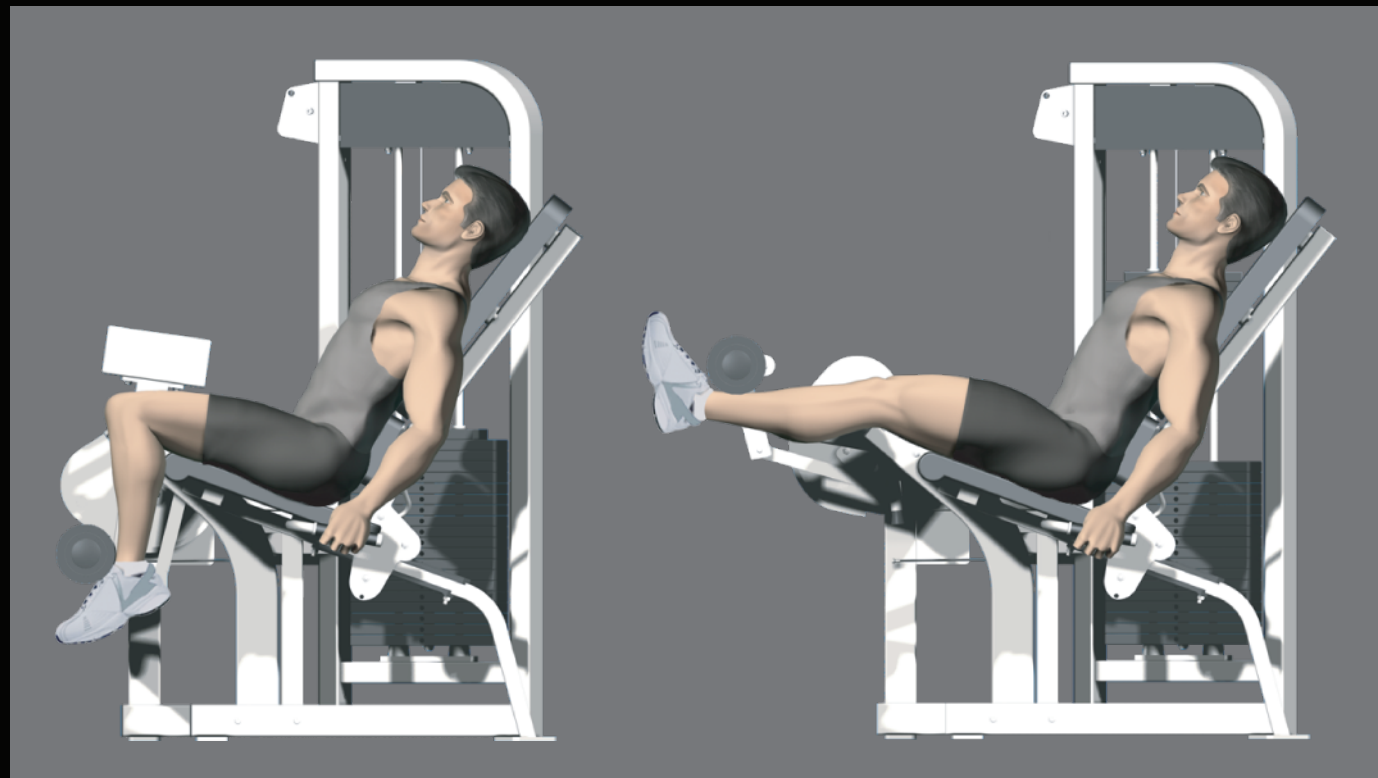
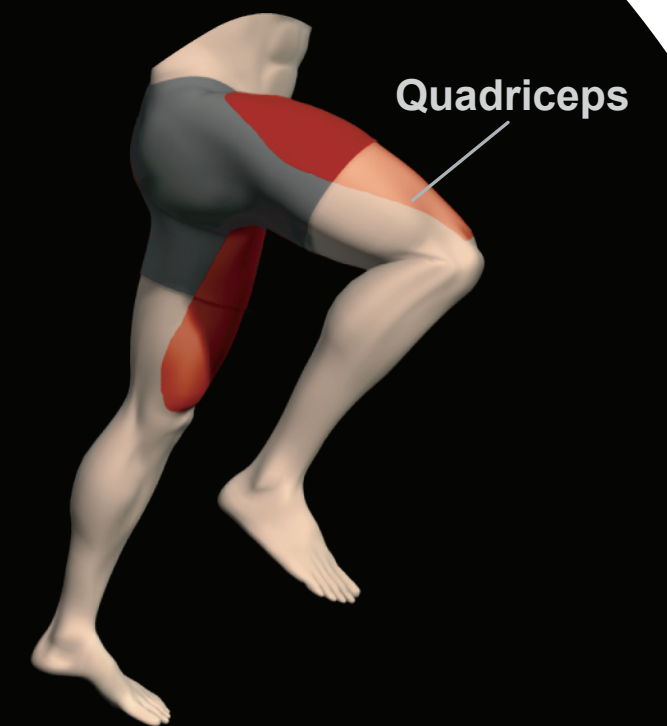


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1. Adjust back pad to align pivot point at knee.
2. Adjust lower leg pad above ankle for comfort.
3. With thighs parallel and feet relaxed, slowly straighten legs to full extension.
4. Return weight with controlled movement to starting position.



**LEG EXTENSION**