The Leg Press Machine

How to use:

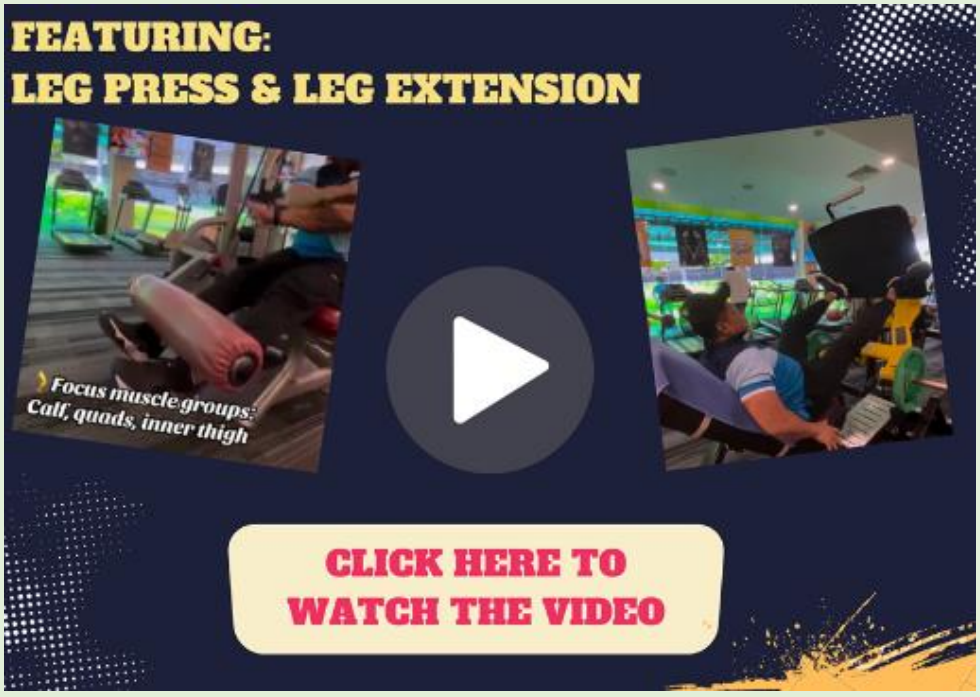
a. Load the amount of weight onto the machine. Choose the appropriate weight according to your fitness level.

b. Sit down and lie back on the machine.

- Shorter people will have to position **feet lower** on the pressure plate and make use of the **removable seat cushion provided.**
- Taller people will need to place feet **higher**.

c. Extend your legs, then disengage the safety levers by the handles at either side of the machine. Proceed with your workout.

d. Be sure to pull the safety levers back to locked position before ending your lower body workout.

Video Demonstration:

Click the image below to discover the various ways to work your lower body with the leg press machine!