



GF-18009

Legs Press Trainer



Muscle Groups Used



TECHNICAL DATA

Dimension: 1120×570×1820mm

Training Space: ∅2000×2000mm

Safe Area: ∅3500×3500mm

Free Height of falling: 500mm

Maximum permissible user body weight: 140KG

FUNCTION

Promote strength and muscles' endurance in the upper and lower legs, whilst toning abdomens.

DIRECTION

1. Sit upright in the seat with back vertical, and hold the handles;
2. Place both feet flat on the foot plates and put your hands on your thighs for extra stability;
3. Push with your legs but do not fully extend;
4. Retract slowly to original position;
5. Maintain a smooth, controlled movement and do not lock your knees;
6. Increase repeats as fitness improves;

CERTIFICATION

EN16630:2015

