

# LEG PRESS

*Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.*

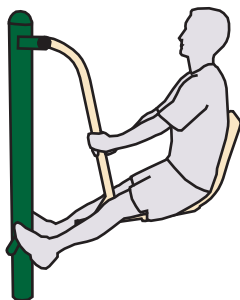
The Leg Press uses your own body weight to strengthen your thighs, calves, and gluteal muscles.

1. Hold onto the vertical bar and place your feet on the pedals.
2. Exhale and slowly press outward with your thighs and gluteals.
3. Inhale and slowly lower yourself back down.
4. Repeat several times.



## **CALF RAISES:**

1. Start with your legs extended and knees locked.
2. Balance your feet on the pedals so they can support your weight.
3. Focus on your calves, and push out with the balls of your feet.
4. Slowly lower yourself back to the start position.
5. Repeat several times.



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