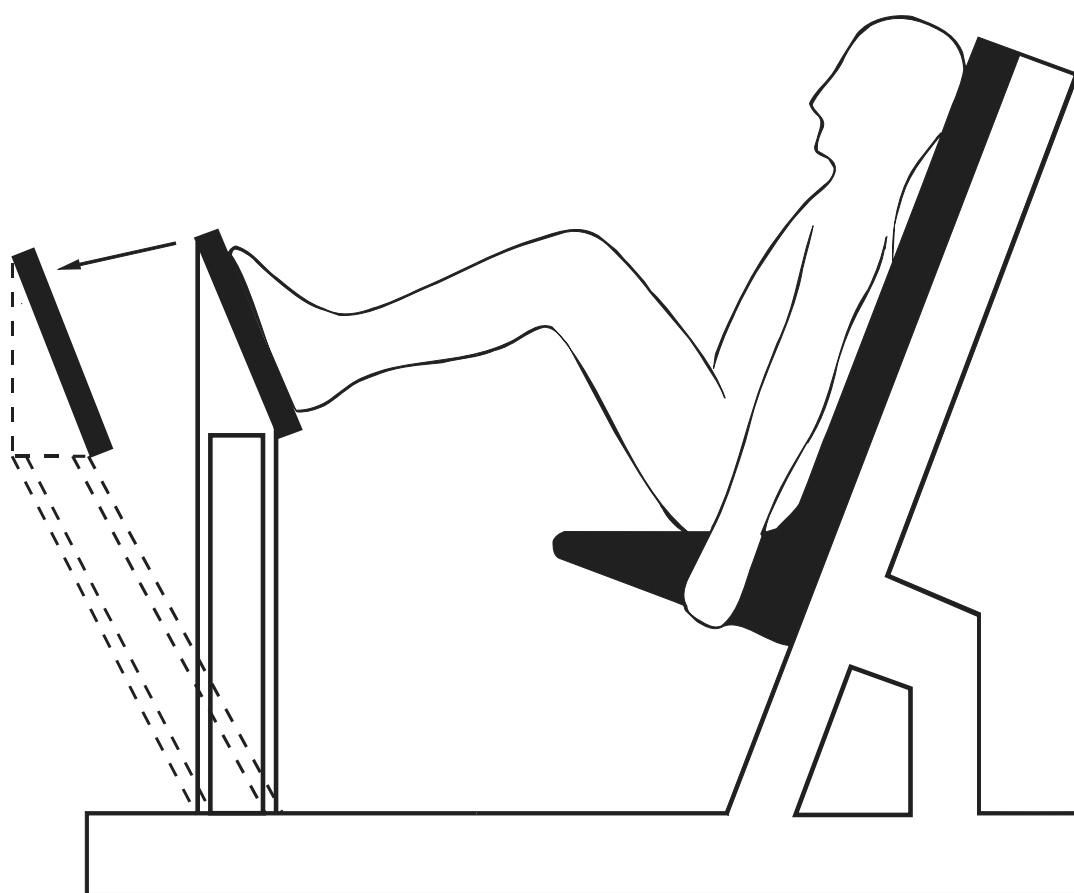


EN-Dynamic Leg Press

Exercising the knee and hip muscles



Partner for Life



Preparation:

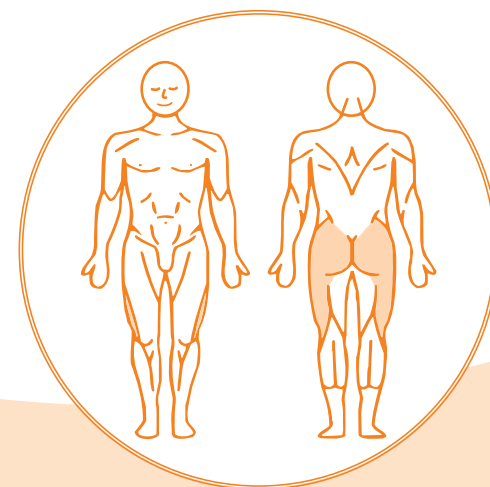
- sit with your lower back fully supported by the backrest
- adjust the footrest so that your knees are bent at approximately 90° in the starting position
- Enter your EN-Track chipcard or select the desired resistance and reset the repetition counter
- place your feet on the footrest and grasp the handles

Procedure:

- contract your abdominal and lower back muscles before you start the exercise
- extend your legs in a slow and controlled manner so the leg extension is a smooth and continuous movement
- hold the extended position for two seconds and do not overextend your knees
- flex your legs at a controlled and smooth pace

Note:

- perform a complete extension and flexion
- keep the pace controlled and don't move too fast, to prevent any jerking movements
- keep your lower back well supported by the backrest to prevent strain
- leave the settings unchanged after finishing the exercise



entrack

Passion for motion