Muscles Exercised – Quadriceps

**Setup** – Sit down with lower back against the pad. Hook your feet under the padded bar. Grasp the handles on the edge of the seat.

**Performing the Exercise**

1. Start with legs past 90 degrees and extend up until knees have only a slight bend.
2. Do not lock your knees out.
3. Use light weight on this exercise and control the movement.
4. Do not use this machine if you have or have had any type of knee injury.
5. Slowly lower the weight back to the starting position.