SIGNATURE SERIES LEG EXTENSION (FZLE)

Muscles Exercised — Quadriceps

Setup
Adjust the back pad to align with the knee joint with the machine pivot (axis of rotation). Adjust the lower leg pad to a comfortable position above the ankle. Using the adjustment knob located near the machine cam. Adjust the start position to the desired range of motion. Check the weight stack to ensure appropriate resistance. Grip the handles located on the sides of the seat. Body is positioned with chest-up, shoulders back and against back pad.

Performing the Exercise
Rotate the thighs so the knees are pointing upwards and with a controlled motion, extend the legs to near full extension. Return the legs to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: Position the thighs with the knees pointing upwards and maintain this, while performing the exercise. This position is safer for the knee joint and more effective for the Quadriceps muscles.