**SIGNATURE SERIES SEATED LEG PRESS (FZSLP)**

**Muscles Exercised** – Quadriceps, Hamstrings and Gluteus

**Setup**
Adjust the start position, using the release lever located on the seats left side, to the desired range of motion. Position feet on the foot plate hip width apart, with the feet turned out slightly. Check the weight stack to ensure appropriate resistance. Grip the handles on the sides of the seat and position body with chest-up, shoulders and head back against back pad.

*NOTE: When positioning the feet on the foot plate, ensure that the feet are placed so that the knees do not move beyond the toes, as this places excessive stress on the knee joints.*

**Performing the Exercise**
With a controlled motion, extend the legs until the knees are slightly bent. DO NOT LOCK THE KNEES. Return to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

*TIP: While performing the exercise, think about extending the knees downward, as this mental concentration increases the focus on the leg muscles.*

*NOTE: DO NOT sacrifice proper exercise form in order to utilize more resistance during the exercise, as this can result in Serious Injury.*