

Muscle Group: Calves

Machine Exercise: Calf raises



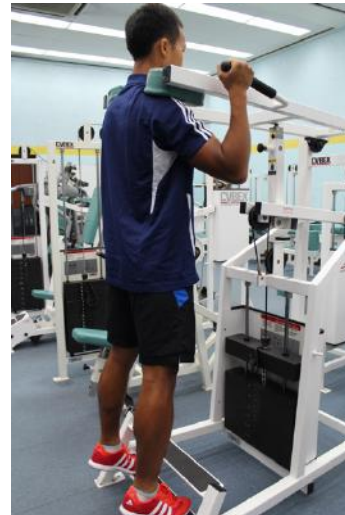
Push the button to pull out the handle for adjustment of the weight



Pull the handle to adjust the shoulder pads. Let the pads rest on your shoulders while standing straight on the platform.



Standing with your toes on the lower ledge, lower the body where the heels are lower than the level of the platform.



Push with your feet so that the body elevates upwards

Muscle Group: Quads

Machine Exercise: Leg Extension



Push the button to pull out the handle for adjustment of the weight



Pull the handle to adjust the backseat, in which your knee joint should be aligned with the pivot point.



Pull the handle to adjust the leg pad. Position the pad just above the ankles.



While seated keep your legs in a 90° angle, while holding the handles.



Extend your legs until your legs are straight.