



GF-18016

Legs Extension



Muscle Groups Used



TECHNICAL DATA

Dimension: 870×710×1060mm

Training Space: ∅2000×2150mm

Safe Area: ∅3500×3650mm

Free Height of falling: 650mm

Maximum permissible user body weight: 140KG

FUNCTION

Develop muscle strength of lower limbs.

DIRECTION

1. Sit upright in the seat maintaining a straight back while holding handles in both hands;
2. Place your ankles under the roller;
3. Slowly lift the lower legs using your thighs while bringing the roller up;
4. Slowly lower down to the starting position;
5. Increase repeats as fitness improves.

CERTIFICATION

EN16630:2015

