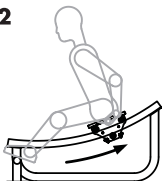




**ROLLER FIT
1-PERSON LEG PRESS
EXERCISE MACHINE
78001002**



INSTRUCTIONS:

LEG PRESS: Sit on the seat as shown and firmly hold the handles on the side of the seat. Place the balls of your feet on the centre foot bar and push yourself up the track with your legs. Push until your legs are almost totally straight, but do not lock your knees. Relax your legs to lower yourself and repeat.

FUNCTION:

Strengthens quadriceps, hamstrings, calves, glutes, and abdominals.

EXERCISE INTENSITY:

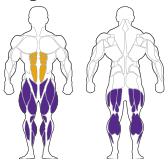
Use this equipment only within your own physical capabilities.

NOTICE:

1. Not suitable for people with general health conditions.
2. Do not over exert yourself.
3. Keep fingers, toes, hair or other body parts away from equipment elements during exercise.

 **TARGET
MUSCLES**

 **SECONDARY
MUSCLES**



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