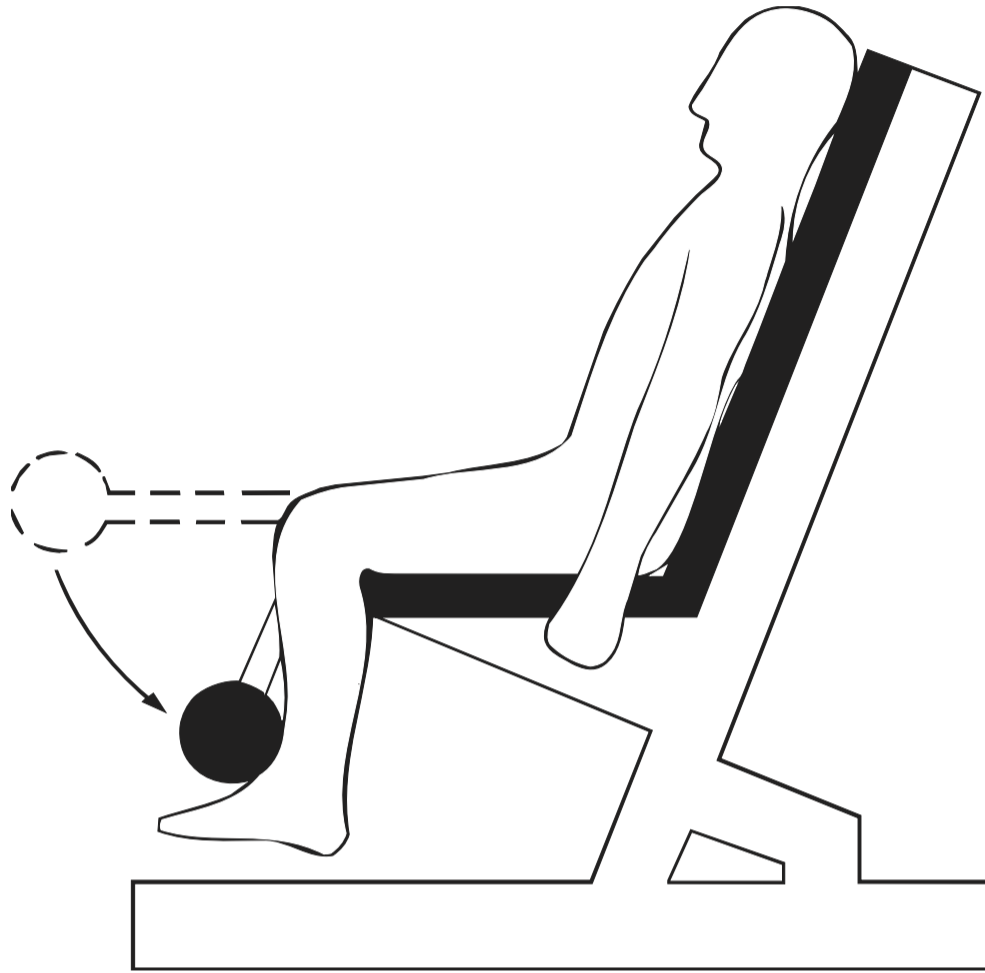


EN-Dynamic Leg Extension

Exercising the knee extensors



Partner for Life



Preparation:

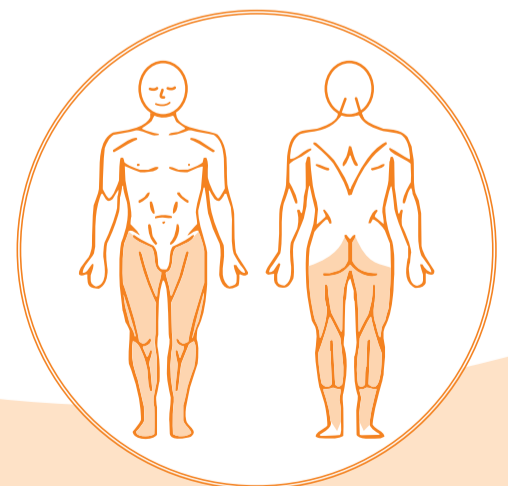
- adjust the angle of the backrest for optimal lumbar support
- position the leg roll just above your ankle on top of your shin bone
- Enter your EN-Track chipcard or select the desired resistance and reset the repetition counter
- grasp the handles

Procedure:

- contract your abdominal and lower back muscles before you start the exercise
- extend your legs in a slow and controlled manner
- hold this position for two seconds and return to the starting position in a slow and fluent movement

Note:

- perform a complete extension and flexion
- do not 'lock' your knees
- control the pace and do not move too fast
- keep your shoulders down and your back fully supported by the backrest
- leave the settings unchanged after finishing the exercise



entrack

Passion for motion