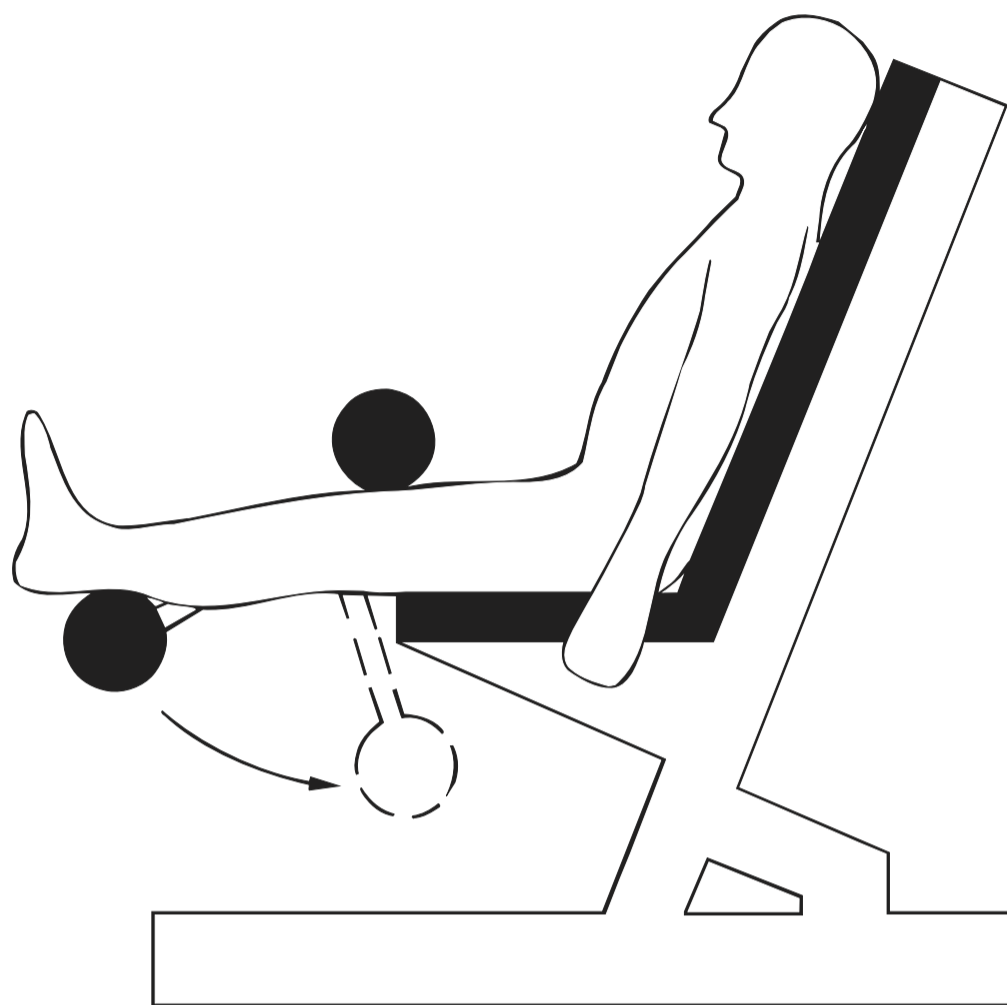


EN-Dynamic Seated Leg Curl

Exercising knee flexors and thighs



Partner for Life



Preparation:

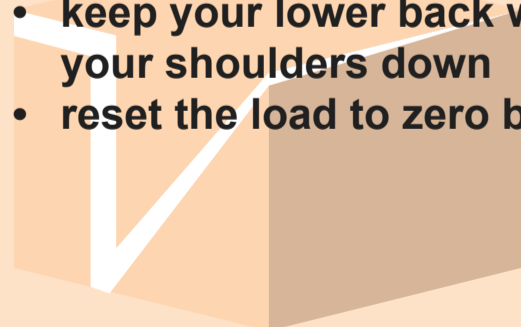
- adjust the backrest for optimal lumbar support
- position the roll below your calves just above your ankle
- Enter your EN-Track chipcard or select the desired resistance and reset the repetition counter
- grasp the handles

Procedure:

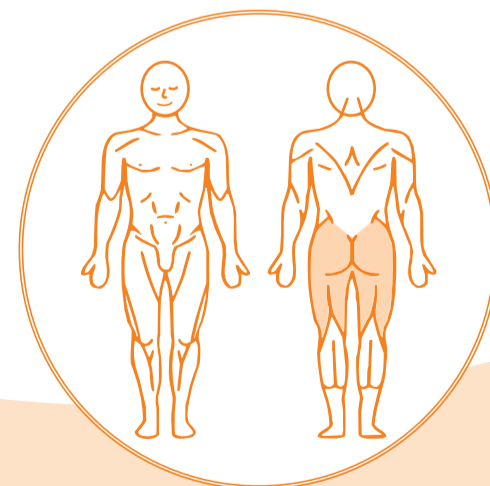
- contract your abdominal and lower back muscles before you start the exercise
- bend your knees slowly at a constant pace
- hold the flexed position for two seconds and return to the starting position in a fluent movement

Note:

- perform a complete flexion and extension
- do not 'lock' your knees
- control the pace and do not move too fast
- keep your lower back well supported by the backrest and keep your shoulders down
- reset the load to zero before you leave the unit



entrack



Passion for motion