

# Training Time With John & Kristen

Stanly County Family YMCA *Helping People Grow In Spirit, Mind And Body*



NITRO PLUS  
LEG CURL



1. Sit on seat and align knees with machine axis (red dots). Pull back pad against hips. Set upper roller pad to slot labeled OPEN.
2. Adjust ankle pad to position (S-M-L) for desired level of comfort. Place legs between roller pads and reset upper position to slot labeled LOCK.



3. Pull movement pad towards hips with ankles at right angles.
4. Pause in position of full muscle contraction, return slowly to starting position, and repeat.
5. To exit, return upper roller pad to slot labeled OPEN.

