

Training Time With John & Kristen

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



NITRO PLUS
LEG EXTENSION



1. Sit on seat and adjust roller pad to desired position (S-M-L). Place legs behind roller pad .
2. Align knees with machine axis of rotation, position seat back against your hips, and grip handles lightly.



3. Lift movement pad upwards until legs are straight and pause momentarily.
4. Return Slowly to starting position, and repeat.

