

Training Time With John & Kristen

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



NITRO PLUS
LEG PRESS



1. Sit with feet perpendicular on footpad.
2. Adjust seat so that thighs are close to chest and directly behind feet.



3. Push footpad forward until knees are almost fully extended, but not locked out.
4. Return slowly to starting position and repeat.

