Lie on the sled. Place your head on the head rest and slide up so your shoulders are touching the shoulder pads. Place your feet hip distance apart on the foot platform. The middle part of the feet should be over the middle strip on the platform. Use the sled adjustment to find a position where your knees make a 90° angle as shown above.

Use the pin to select a weight on the weight stack. Lift your toes inside of your shoes to shift the weight back onto your heels. Exhale as you press through your heels and straighten your legs. Do not lock your knees. Inhale as you slowly release the weight back to the starting position.