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.
Trotter Leg Extension

Use the handle on the range limiter to move the ankle pads away from the machine. Sit on the seat with your back against the back rest. Use the handle on the range limiter to place the ankle pads flush against your lower shins as shown. Use the adjustment setting under the ankle pads to raise or lower the ankle pads if needed.

Adjust the back rest so your knees are in line with the red pivot point. Choose a weight on the weight stack. Lightly grasp the handles on the sides of the seat. Exhale as you extend your knees. Inhale as you slowly return to the starting position.
**Hamstrings**

Adjust the optional range limiter if needed. Lie face down on the machine. Your knees should be in line with the red pivot point. You will feel your knee caps hanging off of the thigh rest. Place your ankles under the ankle pad. Rest your elbows on the elbow pad and hold the handles.

Select a weight on the weight stack. Use the optional 2.5 pound increments if needed. Exhale as you bend your knees to lift the weight. Inhale and slowly lower the weight back to the starting position.
LifeFitness Calf Raise

Calves - Gastrocnemius

Sit on the seat with your back against the back rest. Adjust the back rest fore/aft position so your knees are straight but not locked. Place the balls of your feet on the foot platform.

Press the foot platform away from you using the balls of your feet. Contract your calf muscles at the peak of the motion. Slowly release back to the starting position. Be careful not to overstretch the arches of your feet as you release the weight. Keep your knees straight but not locked throughout the motion.
Hoist Roc-It (Abdominal Machine)

Rectus Abdominus

Sit on the machine with your back against the back rest. Place your feet behind the foot pads. Select weight on weight stack. Grasp handles and rest head against head rest.

Exhale and bend from the middle of your torso to crunch forward. Think about bringing your rib cage to ward your pelvis. Try to relax your arms. Inhale as you release back to the starting position.