Remove pin from the weight stack. Sit on the seat and adjust the back rest so your knees are in line with the pivot point. Slide your right and left leg in between the leg pads. Straighten but do not hyperextend your knees. Select a weight on the stack with the pin. Notice that there is a double weight stack for smaller weight increments.

Lightly grasp the handles on the sides of the seat. Exhale and bend your knees to form a 90° angle. Inhale and slowly return to the starting position.