Plate Loaded Leg Press

Add plates to the machine if desired. The unloaded sled weighs 75 pounds. Adjust the reclining position on the back rest if desired. Place your feet hip distance apart on the foot platform.

Lift your toes inside of your shoes to shift the weight back onto your heels. Straighten your knees as you press the weight up (the safety handles will drop back). Inhale and slowly lower the weight until your knees form a 90° angle. Exhale as you press through your heels to push the weight back up to the starting position. Do not lock your knees.

Notice the safety handles on both sides of the machine. They rest in a low position for shorter legs and a high position for longer legs.