Trotter Leg Extension

Quadriceps

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.