

# F660 HIP SLED

## EXERCISE GUIDE

**BODYCRAFT**  
The Art and Science of Movement



### Hack Squat

Adjust the Leg Press Plate to lay flat, Shoulder Pads to your correct height, and flip the bottom pad up. Enter machine as shown; shoulders against pads, back flat, feet in comfortable position. Push up and swing Safety Stops out. Squat until thighs are at 90 degrees, then push back up. Swing Safety Stops inward to finish.



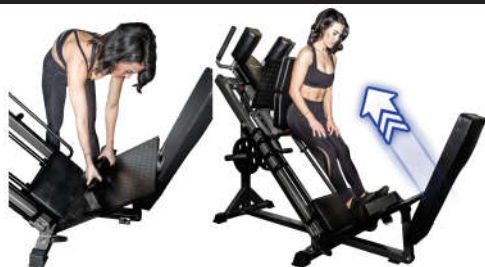
### Donkey Squat

Adjust the Leg Press Plate upward to engage Spring pin in 3rd hole, and flip the bottom pad up. Slide Hip Pad into receptors on back of Leg Press Plate as shown. Enter machine as shown; hips against pads, feet in comfortable position. Push up and swing Safety Stops out. Squat until thighs are at 90 degrees, then push back up. Swing Safety Stops inward to finish.



### Leg Press

Adjust the Leg Press Plate upward to engage and flip the bottom pad down. Enter machine as shown; hips and back against pads, feet in comfortable position. Push up and swing Safety Stops out. Press up and down to according to your comfort. Do not lock your knees at full extension. Swing Safety Stops inward to finish.



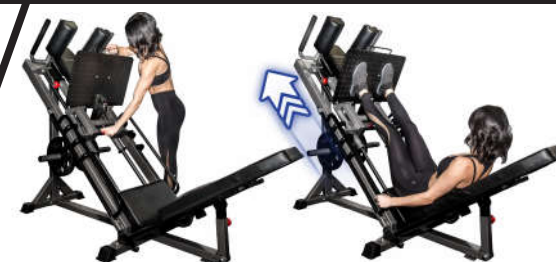
### Donkey Calf Raise

Adjust the Leg Press Plate upward to engage Spring pin in 3rd hole, and flip the bottom pad up. Slide Hip Pad into receptors on back of Leg Press Plate as shown. Slide Calf Block into hole on Foot Platform. Enter machine as shown; hips against pads, ball of feet on Calf Block. Push up and swing Safety Stops out. Extend ankles as high as possible and lower to a comfortable stretch. Swing Safety Stops inward to finish.



### Standing Calf Raise

Adjust the Leg Press Plate to lay flat, Shoulder Pads to your correct height, and flip the bottom pad up. Slide Calf Block into hole on Foot Platform. Enter machine as shown; shoulders against pads, back flat, ball of feet on Calf Block. Push up and swing Safety Stops out. Extend at ankles as high as possible and lower to a comfortable stretch. Swing Safety Stops inward to finish.



### Seated Calf Raise

Adjust the Leg Press Plate upward to engage and flip the bottom pad down. Enter machine as shown; hips and back against pads, feet in comfortable position. Push up to full extension (do not lock knees) and swing Safety Stops out. Extend at ankles as high as possible and lower to a comfortable stretch. Swing Safety Stops inward to finish.

We hope you enjoy many healthy years of use. Learning to use and maintain your F660 is very important for your personal safety and the proper function of the machine. Be sure to read all of the information carefully before using. The information in this guide is general in nature; for detailed information about exercise, consult your physician and your local fitness dealer. Your local fitness dealer can provide reputable books and referrals to personal trainers. **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35, or with preexisting health problems. Recreation Supply, Inc. assumes no responsibility for injury or property damage sustained by or through the use of this product. **SAFETY STOPS:** Always use Safety Stops. These are designed to fit all size users. Sometimes, the Beginning point of the exercise should be adjusted along the Safety Stops to fit the user BEFORE adding weights. To release Safety Stops, push, or pull upwards and then swing outwards. To engage Safety Stops, swing inward. **VARIATIONS:** Both Upper and Lower Plates include angle adjustments. Adjusting the angles can enhance your comfort and add new angles to strengthen your muscles. Each different angle will engage your muscles differently. Foot placement. Pointing toes outward, or inward, or wide, or narrow stances all provide variety and varying muscles engagement.