

GT/GTX LEG PRESS

EXERCISE GUIDE

BODYCRAFT

EXERCISES



Leg Press

Adjust the seat back to a comfortable position. You should try to get as close as possible to the foot plate, yet not so close that your knees are against your chest, forcing your knees outward. Place your feet squarely on the foot plates and press outward to full extension. Be careful not to lock out your knees! Locking your knees is extending a bit too far and can result in injury. Return slowly.



Calf Raise

Adjust the seat back on the leg press attachment so that your legs are almost fully extended when your feet are on the foot plates. Do not lock your knees! Place your feet on the foot plates so that the balls of your feet are aligned with the pivot on the foot plates. While keeping your legs at full extension (remember, to not lock your knees), push outward, flexing at the ankle. Return slowly.

TURBO FEATURE



Not Engaged

Engaged

The Turbo feature is an option on the leg press that, when engaged, increases the effective weight from 2 times the weight selected to 3 times the weight selected. Example: 100 lbs selected on the weight stack would be 300 lbs with the Turbo feature engaged, but only 200 lbs when it's not engaged.

To engage the Turbo feature simply flip the blue handle by the foot plate down. This will activate an extra set of pulleys and increase the resistance to 3:1 while you perform your workout movement. To disengage the Turbo feature simply flip the blue handle up. This will return the resistance to 2:1.

We hope you enjoy many healthy years of use. Learning to use and maintain your GT/GTX 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. **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. **GENERAL EXERCISE GUIDELINES:** We are all unique individuals and what may be effective for one person may not be for the next. For your specific needs, we recommend consultations with your fitness dealer or a certified personal trainer. For general guidelines, we recommend 6-12 repetitions per set and 2-3 sets per any given exercise. Intensity is more important than the number of reps and sets. Please remember to start easy and increase the total time and the number of repetitions gradually. If at any time you feel excessive pain, stop immediately. Rest is a very important part of the process. During the routine, be sure to maintain proper form and move through the full range of motion. Be sure to breathe naturally; do not hold your breath. End each session with a 5-10 minutes of light stretching. Stretching can help relieve soreness and increase flexibility.