

SSG Leg Developer Instructions

Leg Curl Exercise:

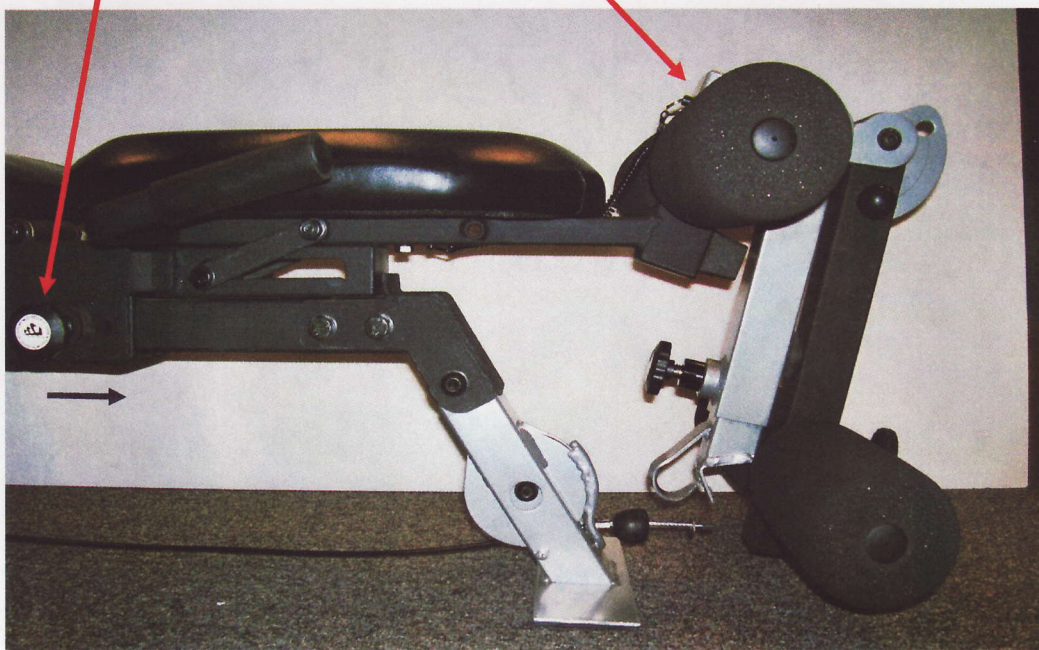
* Refer to Owners manuals diagrams to help identify components

Helpful hints * Make sure Bench Cable is connected to rear Weight Stack cable.

* Lower Weight Stack selector setting to lowest setting while setting up the Leg Developer.

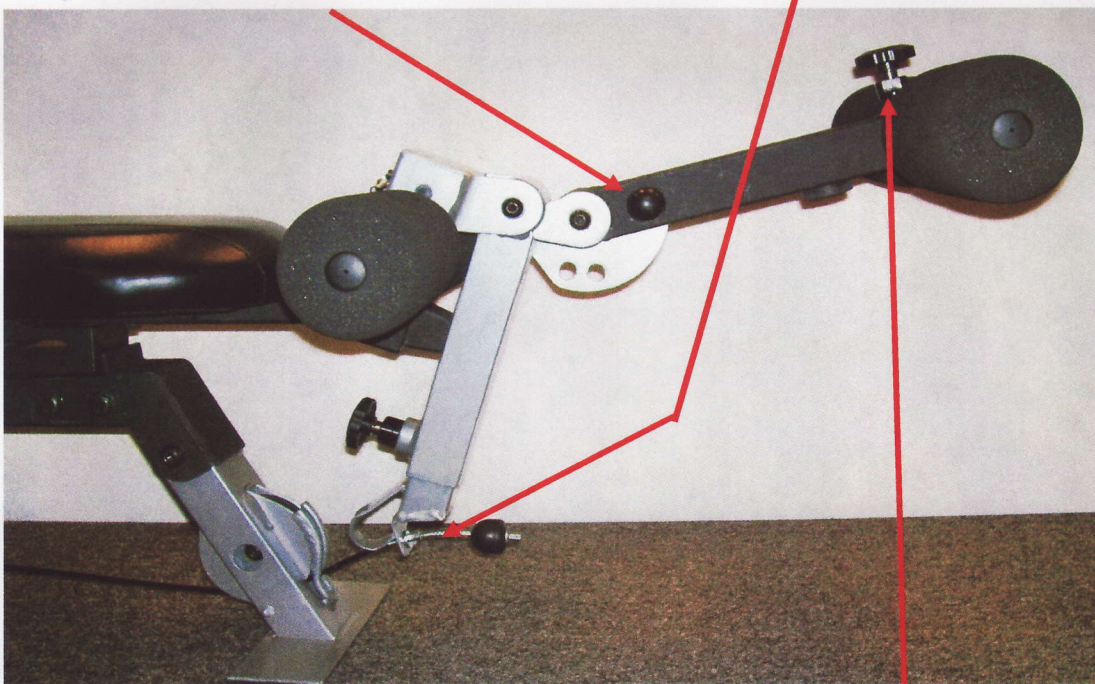
1 Make sure Bench Seat is at it furthest position away from unit using Tighten knob.

2 Attach Leg Developer with tethered lock pin that is located under Bench seat.



3 Move Leg Roller to top position.

4 Attach Bench Leg Cable to receiver. Use the shorter metal catch on cable.



5 Ly face down on bench and rest legs on bench seat rollers and hook back of legs under rollers on leg developer.

6 Adjust Leg rollers for shorter or longer legs using Tighten Knob.

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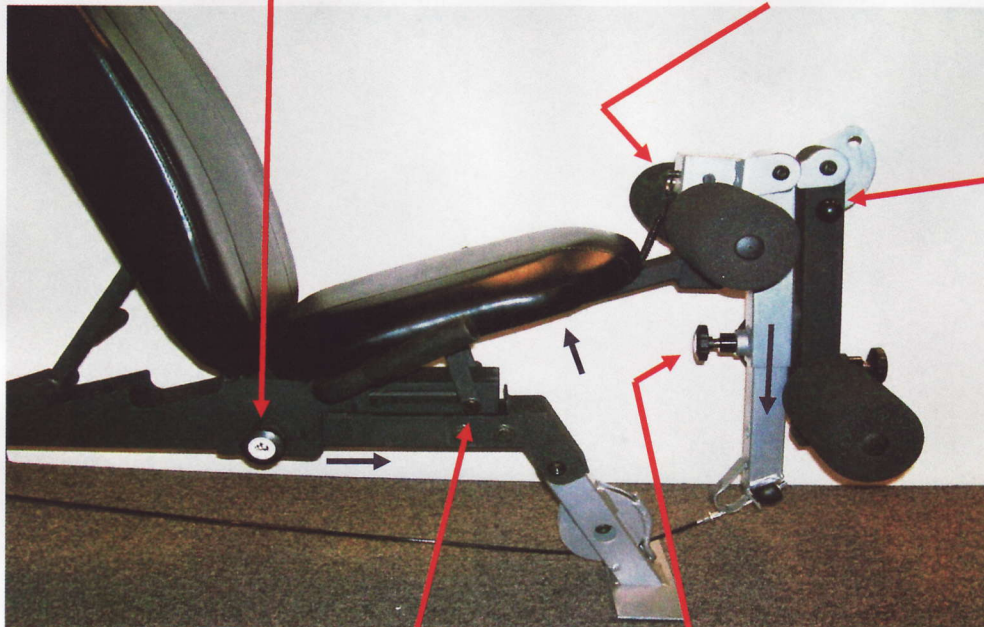
Leg Extension Exercise:

- Helpful hints
- * Refer to Owners manuals diagrams to help identify components
 - * Make sure Bench Cable is connected to rear Weight Stack cable.
 - * Lower Weight Stack selector setting to lowest setting while setting up the Leg Developer.
 - * Do adjustments in numerical order, as shown below.

1 Disconnect Bench Cable from receiver catch. (If connected)

2 Make sure Bench Seat is at it furthest position away from unit using Tighten knob.

4 Attach Leg Developer with tethered lock pin that is located under Bench seat.



5. Move Leg Roller to Lower position.

3 Tilt Bench Seat Frame. Make sure it locks into notch on adjustment.

6 Drop Leg Developer Extension Tube to lowest adjustment.

7 Attach Bench Leg Cable to receiver. Use the rubber ball end catch on cable.