

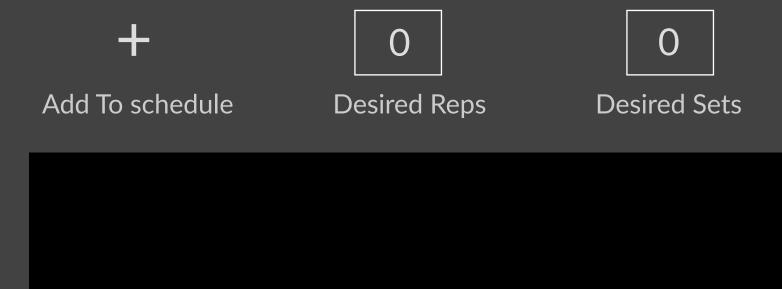


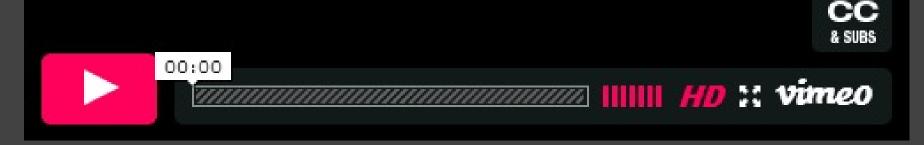


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Member

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Leg Extensions:

Muscles: Quadriceps (front of your thigh)

Instructions:

- Place hands on the hand bar.
- •Lift the weight while exhaling until your legs are almost straight.
- Keep back straight against the backrest.
- Reset and start again