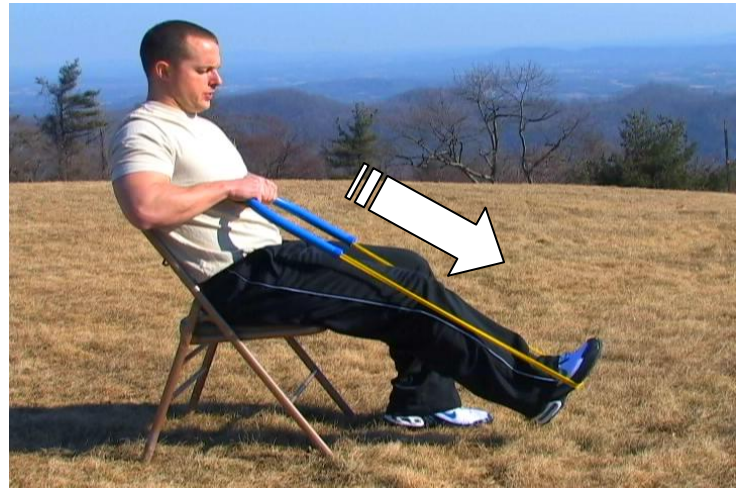
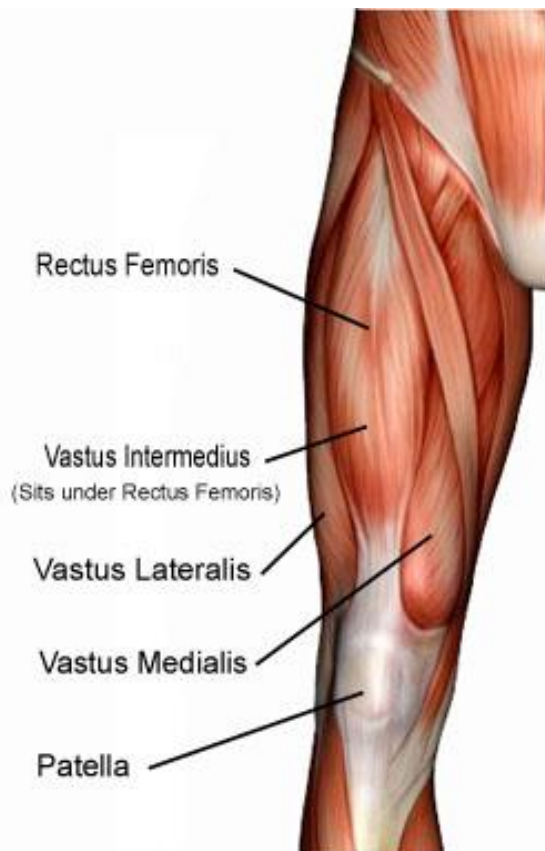


Leg Press

While sitting, or lying on your back, hold the Cuflic handle with both hands and select your band(s) with your exercise side foot. The starting position is with your knee at your waist. Holding the Cuflic handle tight at your chest, straighten the exercise leg.



Exercises should be done for 2 sets of 10 repetitions, 3-4 times a week.
All routines are done standing unless noted otherwise.



The primary muscles used are the quadriceps (rectus femoris, vastus intermedius, vastus lateralis, and vastus medialis).

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