

LEGEND FITNESS®

DEMONSTRATION OF EXERCISES ON THE **LEVEREDGE** 6008

THE UNILATERAL TRAP SHRUG/LUNGE/DEADLIFT MACHINE

BENT OVER ROWS



START



STOP

ONE ARM ROWS



START



STOP

DEADLIFTS



START



STOP

ROMANIAN DEADLIFTS



START



STOP

LEVER LEFT TWISTS



START



STOP

PUSH PRESSES



START



STOP

TRAP SHRUGS



START



STOP

TRICEP DIPS



START



STOP

SPLIT SQUATS



START



STOP

“THE ROLLERS HIT MY GLUTES IN A WAY THAT NO OTHER GYM DEVICE HAS.”

-- IFBB FIGURE PRO CARLENE STEENEKAMP