

LEG PRESS



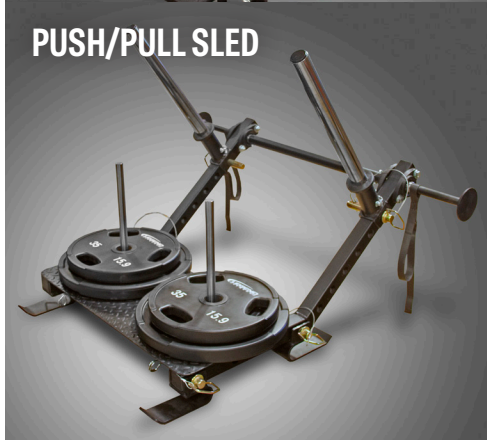
KICKBACK PLATE



STEP-UP PLATFORM



PUSH/PULL SLED



LEGEND FITNESS® PRO STEALTH LEG PRESS/SLED SERIES USER GUIDE

LEG PRESS SETUP

1. Stand inside cage and lift the Stealth Leg Press onto the J-Hooks so the diamond plate is facing the outside of the cage.
2. Secure each safety strap around the cage upright.
3. Using the supplied hitch pins, secure a safety stop on each side so they rest against the back of the uprights.
4. Load plates onto the rear-mounted weight peg.
5. Position a bench for proper range of motion.
6. Take a seat and begin leg presses.

KICKBACK PLATE SETUP

1. Hang the Stealth Leg Press on the J-Hooks with the diamond plate facing towards the inside of the cage.
2. Secure each safety strap around the cage upright.
3. Using the supplied hitch pins, secure a safety stop on each side so they rest against the back of the uprights. An Olympic bar can also be slid in a pair of sled feet to limit the range of motion.
4. Load plates on the rear-mounted weight peg. Plates can also be loaded on an Olympic bar, if using one.
5. Stand facing the rear of the cage and place foot against footplate and begin kickbacks. Use the cage uprights for support.

STEP-UP PLATFORM SETUP

1. Lower the J-hooks to a height you are comfortable stepping up at.
2. Remove the rear-facing Olympic peg.
3. Lift the Stealth Leg Press onto the J-Hooks so the diamond plate is facing the inside of the cage.
4. Secure each safety strap around the cage upright.
5. Use the supplied stainless steel rods to raise the platform into position. When properly positioned the platform should be parallel to the floor and facing away from the J-hooks.
6. Face the platform and begin step up exercises.

PUSH/PULL SLED SETUP

1. Remove rear-facing Olympic peg.
2. Attach feet to bottom using supplied pins.
3. Secure Olympic bars to top of sled using supplied pins.
4. Insert supplied stainless steel rods into holes on footplate.
5. Stack weight plates on the stainless steel rods.
6. Use the Olympic pegs as handles to push the sled.
7. Clip a strap (or two) to the underside of the sled with a carabiner, choosing one of the 10 pre-drilled holes, to use as a pull sled.