



DISCOVERY™ SERIES SELECTORIZED LINE GETTING STARTED GUIDE — LEG EXTENSION

Welcome to a **personalized fitness experience** for your members

The Discovery™ Series Line (DSL) combines all the functional performance elements demanded from a strength line, but with a focus on ease of use and thoughtful design detail to appeal to a wide range of exercisers. The result is an exceptional fit and feel for the first-time user or seasoned athlete.

Get to know your Precor equipment

When using exercise equipment, you should always take basic precautions.

General use guidelines

- Read all of the warnings on the equipment and obtain instructions on the use of the equipment.
- Always inspect the equipment before using it. If you spot a potential problem or a repair is required, contact someone in the facility immediately. DO NOT use the equipment until the facility has verified that the equipment is working properly.
- Check that the fasteners, cables, weight stacks, and handle attachments are securely tightened, connected, and functioning properly. Pay particular attention to the condition of cables and cable ends. If you notice a loose cable end or any fraying of the cable or cable jacket, DO NOT use the product and contact someone in the facility immediately.



User safety guidelines

- If you do not understand how to operate a piece of equipment, ask someone from the facility such as a trainer to demonstrate how to use it and to explain any safety instructions.
- DO NOT exceed maximum weight capacities.
- DO NOT overexert yourself or work to exhaustion. Use reasonable judgment when working with weights.
- If you feel pain, faintness, dizziness, or abnormal symptoms, stop exercising immediately and consult your physician.
- Avoid using excessive weight, which may cause injury.
- Keep head, limbs, fingers, and hair clear of all moving parts while the equipment is in use.
- Never drop or insert objects into any opening in the equipment.
- DO NOT drop or slam the weight stack while exercising.
- Be sure the selector pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, contact someone in the facility.
- Never pin the weights in an elevated position. DO NOT use the equipment if the top plate or weight stack is pinned in a raised position.
- DO NOT attempt to fix broken or jammed equipment.
- Use the equipment only for its intended purpose. DO NOT use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.



For complete equipment operating instructions and troubleshooting, visit us at www.precor.com.

Make sure your trainers regularly read our blog (select languages) at www.precor.com for more ideas about fitness routines and advice from trusted industry experts.

TRAINING AND EXERCISING

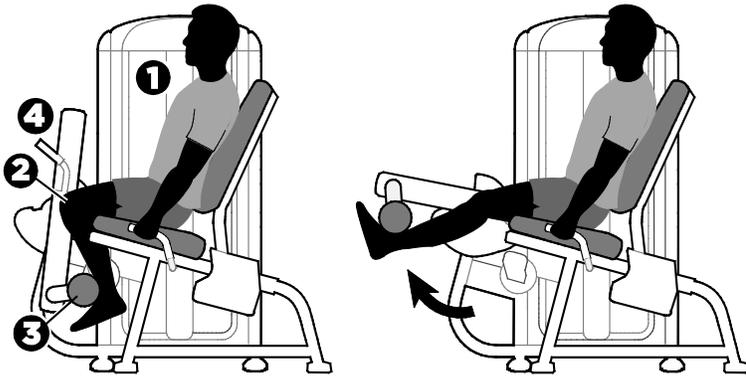
CAUTION Before beginning any fitness program, see your physician for a thorough physical exam.
Seek advice from your physician to learn the target heart rate appropriate for your fitness level.

Read all safety and operating instructions included with your equipment. For more information, visit us at www.precor.com and look for your equipment name or model number.

Start a workout

The Leg Extension isolates the quadriceps, a group of muscles that are primarily involved in knee extension movements. Walking, running and moving from a seated to a standing position are just a few of the ways the quadriceps drive our daily movement.

Setup



Number	Action
1	Select an appropriate weight.
2	Align your knees with the pivot by adjusting the back pad.
3	Adjust the roller pad to a comfortable position atop your ankle.
4	Set the movement arm to your desired start position.

Action

- Grasp both handles.
- Extend your legs in a controlled motion.
- Pause at full extension.
- Slowly return to the start position.

Training tips

- Avoid locking knees at full extension.
- Maintain contact with the back pad throughout your range of motion.

Specifications

Equipment Dimensions	53" L x 49" W x 59" H (135 cm L x 125 cm W x 150 cm H)
Working Area	66" L x 50" W (168 cm L x 127 cm W)
Weight Stack	240 lb (109 kg)
Equipment Weight	575 lb (261 kg)