



DISCOVERY™ SERIES SELECTORIZED LINE GETTING STARTED GUIDE — LEG PRESS

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

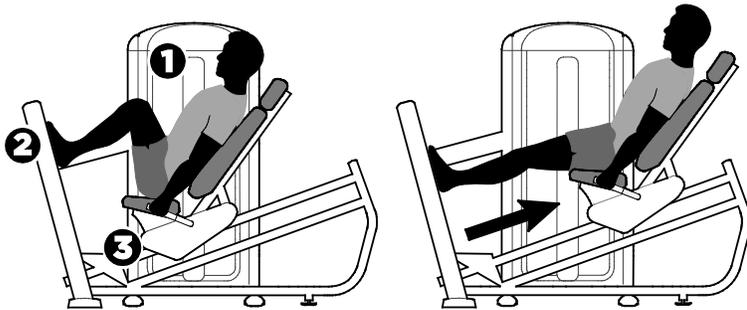
CAUTION Before beginning any fitness program, see your physician for a thorough physical exam.
Seek advice from your physician to learn the target heart rate appropriate for your fitness level.

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 Press offers an alternative or complement to the squat exercise. It trains the glutes, hamstring and quadriceps to increase lower body strength and force production, and offers conditioning benefits for beginners and performance athletes alike.

Setup



Number	Action
1	Select an appropriate weight.
2	Sit and place your feet on the footplate approximately shoulder-width apart with your lower leg perpendicular to the footplate.
3	Raise the seat handle and position the seat so your knees are at a 90 degree angle. Release the handle to lock your starting position prior to beginning the movement.

Action

- Extend your legs in a controlled motion.
- Pause at full contraction.
- Slowly return to the start position.

Training tips

- Avoid locking your knees.
- Keep your back in contact with the pad at all times.
- Varying your foot position will change the training effect.

Specifications

Equipment Dimensions	77" L x 48" W x 59" H (196 cm L x 122 cm W x 150 cm H)
Working Area	87" L x 48" W (221 cm L x 122 cm W)
Weight Stack	400 lb (182 kg)
Equipment Weight	875 lb (397 kg)