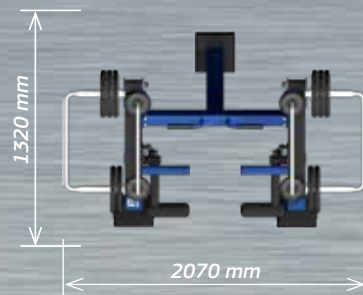


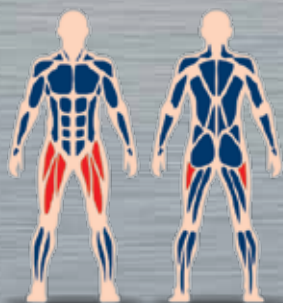
# MB 7.44 LEGS EXTENSION IN STANDING POSITION WITH VARIABLE LOAD



THE EQUIPMENTS DIMENSIONS

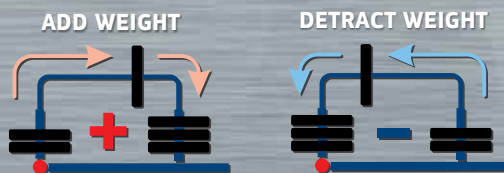


THE ROOF MB7.48 FOR OUTDOOR FITNESS EQUIPMENT IS HIGHLY RECOMMENDED TO BE ADDED



ACTIVE MUSCLE GROUP WHILE USING THE FITNESS EQUIPMENT

The equipment MB 7.44 "Legs extension in Standing position" is developing quadriceps and perfectly suited for isolated load on a muscle. This exercise is useful to apply on the technically more complex exercises.



THE UNIQUE PATENTED VARIABLE LOADING SYSTEM. THE LOAD IS EASILY CHANGE BY MOVING THE WEIGHTS ALONG THE RAILS

MAXIMUM LOAD ON EACH LEG  
**57,5 kg**



THE SET INCLUDES RUBBER WEIGHTS

THE EQUIPMENTS TOTAL WEIGHT  
**280 kg**

# STREET BARBELL

OUTDOOR STRENGTH EQUIPMENT *line*

## “LEGS EXTENSION IN STANDING POSITION” EXERCISE

1. Adjust weight on both leavers.
2. Stand with your front to the equipment, feet shoulder width apart.
3. Grip the handles.
4. Shin rework for the lower roller.
5. Push the back of the thigh to the upper support.
6. Smoothly straighten your leg knee.
7. Slowly return your leg to the starting position.
8. Perform the exercises in 4 sets of 10 repetitions.



START



FINISH



Two-tier system setup allows to adjust the weight of the load with 2,5 kg steps on each hand for better exercising.



TO SEE  
THE TUTORIAL  
FOR THIS TRAINER  
PLEASE SCAN  
THIS CODE

