

- 6 modes of use: Isometric, Loaded Isometric, Isotonic, Plyometric, Elastic, Combined (Elastic & Weight Stack)
- Adjustable from upright to supine with gas assistance
- Range of motion limiter allows for controlled movement
- Single-handed foot platform adjustment offers easy use
- Stack disengaging feature allows for rebounding exercises
- Adjustable shoulder pads
- Integrated band hooks add elastic resistance and enable explosive movements
- Single-leg retracting foot rest assists during 1-leg exercises
- Large oversized foot pad with training zones for exercise tracking and repeatability
- MED CE compliant



* Shown with optional incremental weights.

TECH SPECS

Product Dimensions (L x W x H)	205 x 122 x 189 cm / 81" x 48" x 74.25"
Product Weight	314 kg / 693 lbs.
Weight Stack	136 kg / 300 lbs.
Incremental Weight (optional)	0.9 kg / 2 lbs.
Max User Weight	181.4 kg / 400 lbs.
Max Training Weight	139.6 kg / 308 lbs.



Booster Kit (MD-S70BK)

OPTIONS



Incremental Weights (MD-IW)

Incremental weights (0.9 kg / 2 lbs.) provide additional progression capabilities.



Accessories Package (MD-S70-AP)

Accessories kit includes a heel cup, wedge block and accessory cradle for added exercise variety.



Force Plate Holder (MD-S70-FP)

Used to attach a Tyromotion (TYMO) force plate (sold separately) to the front of the Leg Press foot plate.



Step Stool (MD-IFISTEP)

Step stool assists deconditioned or recovering users entering and exiting the machine.



Booster Kit (MD-S70BK)

Booster Kit consists of a foot platform, which attaches to the foot plate, and shoulder pad extensions to assist shorter users.