

FAQs

Q. What is the maximum weight the Leg Master Power can hold?

A. 113.4kg or 250 lbs

Q. Does it store away easily?

A. Yes. The Leg Master can easily be made compact and would go under a bed or behind a door.

Q. Is it okay for tricky knees/back/hips?

A. Consult with your medical professional.

Q: Can I use it if I have a knee injury?

A. Not recommended if you have had recent knee surgery. If you have any knee problems consult first with your Medical Professional.

Q. Are there any special requirements to use this product safely?

A. It is essential to keep all children and pets away from this unit when in use.

Q: Will I get big muscled thighs like a 'body builder'?

A. No. Leg Master Power will tone, shape and strengthen. But there is not a constant progressive overload, which is necessary to build 'body building' type muscles. You will not get big bulky legs. The opposite will occur, your legs will tone and shape to their natural outline.

Q: What time of day is recommended for use of Leg Master?

A. It is purely whatever time is most convenient to you. Bear in mind it is regular daily use which produces the best results. Place your unit in your bedroom and use it before going to bed, or put it in your kitchen and hop on and off of it regularly for short bursts throughout the day.

Q: Do I need to hold the handles?

A. Yes. You must hold onto the handles at all times. The handles are there to assist with balance. Do not lean your whole body weight on the handles. Your feet should take your full body weight and be placed centrally on the foot platforms.

Q: My muscles ache after just 20 reps, is there something I am doing wrong?

A. No. This shows Leg Master is doing its job.

Q: What height should the handles be at?

A. The handlebars should be set at a height to lightly rest your hands and to aid with your balance. Not too high that you have to lean backwards. And not too low that you have stoop forward (do not adjust height of handles whilst standing on platform).

Q: Can I use Leg Master without proper footwear?

A. We strongly recommend that while using Leg Master you wear proper foot attire at all times. It is better for your feet to always wear proper shoes when exercising. It is safer to wear protection for your feet when using exercise products with moving parts. Do NOT wear high heeled shoes when using this equipment.

Q: I feel lightheaded or dizzy what should I do?

A. Stop using Leg Master immediately. Lie down and rest if possible and try again the following day.

Q: Can I over do this exercise?

A. Your leg muscles probably will not have experienced this type of exercise for a long time. So it is prudent to start slowly and progressively build the time and number of leg sweeps. Your muscles will tire very easily at first and this is normal. If you feel excessive soreness of your muscles the following day - give yourself an extra days rest before resuming your program.

Q: What kind of clothing do I need to wear?

A. Clothing of a loose fitting nature especially around the hips and upper thighs is necessary. Tight skirts will impede and restrict movement.