

LEG CURL / EXTENSION COMBO.

JFL - 5050

The Leg Curl/ Extension Combo combines 2 machines in 1. It allows the user to workout both their quads and hamstrings on the same machine. The backrest flips down to perform the leg curl exercise and can be raised to perform the leg extension exercise.



Scan Here
to Access the Video

FEATURES

- ◆ **Dual Functionality:** Combines leg extensions and seated leg curls in one machine for complete leg training.
- ◆ **Ergonomic Design:** Adjustable seat and rollers ensure comfort and proper alignment.
- ◆ **High-Density Upholstery:** Sweat-resistant padding for enhanced comfort during intense workouts.
- ◆ **Durable Build:** Heavy-duty construction ensures stability and longevity.
- ◆ **Smooth Operation:** Precision bearings allow seamless and natural motion.

SPECIFICATIONS

DIMENSIONS:

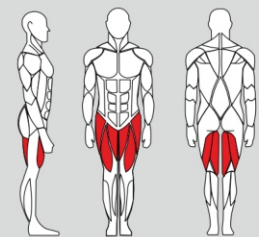
Length: 65 inches / 165 cms

Width: 44 inches / 112 cms

Height: 56 inches / 142 cms

Weight: 452.1 lbs / 205.1 kg

Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Hamstrings / Quadriceps

COLOUR AVAILABLE: Black.