

LEG EXTENSION

JFL - 5010

Leg Extension is a compound strength training machine that offers an angled seat to isolate the quadriceps muscles. Its pivot points are placed precisely parallel to the knee for biomechanically correct movements and its adjustable foot rollers to adapt to different users. It provides a maximum weight of up to 165 lbs.



Scan Here
to Access the Video

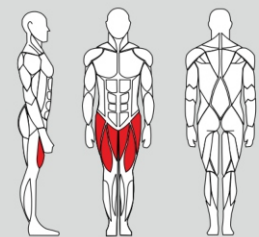
FEATURES

- ◆ **Ergonomic Design:** Ensures proper posture to target quadriceps and reduce joint strain.
- ◆ **Adjustable Seat & Backrest:** Fits users of all heights for comfort and optimal form.
- ◆ **Smooth Resistance:** Precision weight stack delivers controlled motion.
- ◆ **Padded Rollers:** Provides support and comfort during intense workouts.
- ◆ **Durable & Compact:** Robust, space-saving design for any gym setup

SPECIFICATIONS

DIMENSIONS:

Length: 56 inches / 142 cms
Width: 44 inches / 112 cms
Height: 56 inches / 142 cms
Weight: 418 lbs / 190.8 kg
Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Vastus Lateralis, Rectus Femoris
Vastus Intermedialis

COLOUR AVAILABLE: Black.