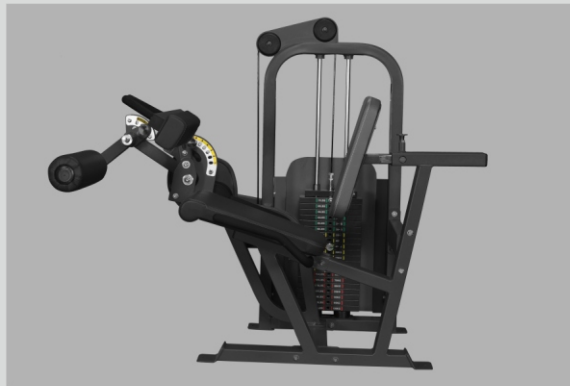


SEATED LEG CURL

JFL - 5020

Seated Leg Curl is a compound strength training machine. It offers a variable cam resistance over a full range of motion (ROM) along with easy axis alignment for a biomechanically correct position. The adjustable thigh pad stabilizes the legs for the isolation of hamstrings, and it provides a maximum weight of up to 200 lbs.



Scan Here
to Access the Video

FEATURES

- ◆ **Ergonomic Design:** Ensures proper posture to isolate hamstrings effectively.
- ◆ **Adjustable Seat & Backrest:** Fits all users for optimal comfort and alignment.
- ◆ **Smooth Resistance:** High-quality weight stack for fluid and consistent motion.
- ◆ **Padded Rollers:** Soft foam rollers enhance comfort and reduce leg pressure.
- ◆ **Angle Adjustment:** Customizable start position for varied motion and hamstring focus.

SPECIFICATIONS

DIMENSIONS:

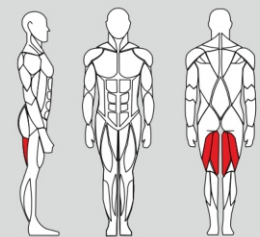
Length: 65 inches / 165 cms

Width: 44 inches / 112 cms

Height: 56 inches / 142 cms

Weight: 253 bs / 115 kg

Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Biceps Femoris, The Semimembranosus, The Semitendinosus

COLOUR AVAILABLE: Black.