

## PRONE LEG CURL

JXL - 503 - RBK - BL

The Prone Leg Curl features divergent angled torso support pads that isolate the hamstrings and reduce strain on the lower back. The pivot points are placed precisely at the knee level for biomechanically correct movements. Adjustable foot rollers adapt to all leg lengths.



### FEATURES

- ◆ **Ergonomic Design:** Optimized positioning for effective hamstring isolation.
- ◆ **Adjustable Rollers:** Ensures proper alignment and comfort for all users.
- ◆ **Smooth Resistance:** Precision weight stack delivers fluid, consistent motion.
- ◆ **Comfortable Padding:** High-density pads reduce pressure during workouts.
- ◆ **Full Range of Motion:** Enables complete hamstring contraction and extension.

### SPECIFICATIONS

#### DIMENSIONS:

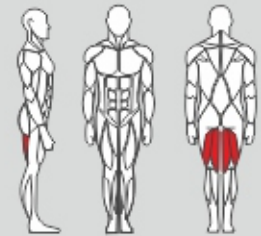
Length: 67 inches / 170 cms

Width: 44 inches / 112 cms

Height: 58 inches / 147 cms

Weight: 443.3 lbs / 201.1 kg

Weight stack: 220 lbs / 100 kg



**MUSCLE WORKED:** Bicep Femoris, The Semimembranosus, The Semitendinosus

**COLOUR AVAILABLE:** Dark Silver