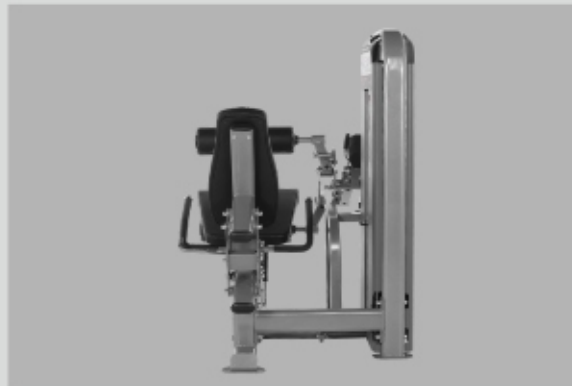


## SEATED LEG CURL/ EXTENSION COMBO.

JXL - 509 - RBK - BL

The Seated Leg Curl / Extension Combo. brings two essential movements together in one machine, allowing users to train both their quads and hamstrings efficiently. This dual-function design delivers a complete lower-body workout while saving space and enhancing versatility in any gym setup.



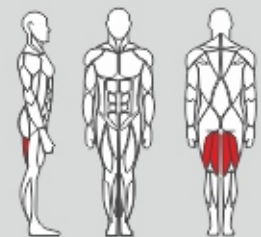
### FEATURES

- ◆ **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: 58 inches / 147 cms  
Weight: 485 lbs / 220 kg  
Weight stack: 220 lbs / 100 kg



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

**COLOUR AVAILABLE:** Dark Silver