

PRONE LEG CURL

JPRL- 503 - RBK - BL

The Prone Leg Curl from the X-Pro Series is designed to deliver focused hamstring training with maximum comfort and adjustability. It features an adjustable foot roller that can be easily set to suit users of different heights using a multi-position lever system for quick and precise setup. The angled support pads are ergonomically shaped to reduce pressure on the hips and lower back, ensuring a comfortable workout position.



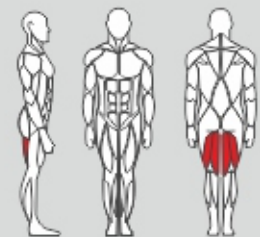
FEATURES

- ◆ **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: 38 inches / 97 cms
Width: 78 inches / 198 cms
Height: 60 inches / 152 cms
Weight: 509.9 lbs / 231.3 kg
Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Bicep Femoris, The Semimembranosus, The Semitendinosus

COLOUR AVAILABLE: Black.