

SEATED LEG CURL

JPRL- 502 - RBK - BL

The Seated Leg Curl machine from the X-Pro Series is expertly designed to target and strengthen the hamstrings with superior comfort and control. It features comfortable thigh pads that securely lock the legs in place, minimizing unwanted movement and maximizing muscle engagement. The ergonomic back support ensures proper posture and reduces lower back strain during the exercise.



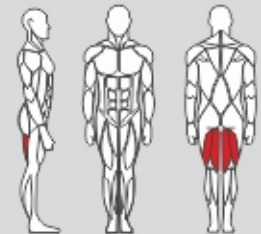
FEATURES

- ◆ **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: 58 inches / 147 cms
Width: 44 inches / 112 cms
Height: 60 inches / 152 cms
Weight: 553.36 lbs / 251 kg
Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Bicep Femoris, The Semimbranosus, The Semitendinosus

COLOUR AVAILABLE: Black.