



LEG EXTENSION

ITEM CODE: PL-LEGEXTENSION

SPECIFICATIONS: THE ISO-LATERAL VERSION OF THE PLATE LOADED LEG EXT ALLOWS INDEPENDENT TRAINING OF THE LEGS FOR EQUAL STRENGTH DEVELOPMENT. TWO DISC LOADING POSITIONS PROVIDE DIFFERENT FORCE CURVES DEPENDING ON THE EXERCISE GOAL.

ALL-IN-ONE ASSEMBLY: NO

MAX USER WEIGHT: 160 Kg

MAX LOADING WEIGHT: 250 Kg

TUBE SIZE: 50 x 100 x 3 mm - 40 x 80 x 3 mm

SET UP SIZE: 156 x 178 x 141 cm (LxWxH)

NET WEIGHT: 140 Kg

WARRANTY: 1 YEAR FOR PROFESSIONAL USE

INVOLVED MUSCLES:

■ Quadriceps

■ Hamstrings

