



LEG CURL

ITEM CODE: PL-LEGCURL

SPECIFICATIONS: THE ISO-LATERAL VERSION OF THE PLATE LOADED LEG CURL 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: 159 X 150 X 108,5 CM (LXWXH)

NET WEIGHT: 138 Kg

WARRANTY: 1 YEAR FOR PROFESSIONAL USE

INVOLVED MUSCLES:

- Femorals
- Glutes
- Adductors
- Abductors
- Calves

