

PRONE LEG CURL

JPRL- 503

The Prone Leg Curl features divergent angled torso support pads that isolate the hamstrings and reduce strain on the lower back. The pivot points are placed precisely at the knee level for biomechanically correct movements. Adjustable foot rollers adapt to all leg lengths.



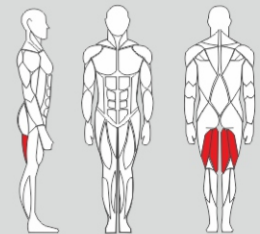
FEATURES

- ◆ **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 Semimbranosus, The Semitendinosus

COLOURS AVAILABLE: White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.