

## SEATED LEG CURL

JPRL- 502

The Seated Leg Curl allows the user to effectively target the hamstrings while remaining in a comfortable upright position. The pivot points are placed precisely at the knee level for biomechanically correct movements. The backrest, ankle pad and thigh support are all adjustment able so that the user can find their ideal position.



### 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

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

