

## 45° LEG PRESS

JPL - 129

45 degree angle for accurate training. Carriage travels on linear bearing for friction free & smooth performance. Big non-skid high quality rubber foot platform. Ergonomic adjustable seat protects lower back. Inbuilt plate holder allows easy loading & unloading of weight plates. A stopper minimizes risk while performing exercise



Scan Here  
to Access the Video

### FEATURES

- ◆ **Angled Design:** Optimized at 45 degrees to reduce spinal strain and target quads, hamstrings, and glutes.
- ◆ **Safety Catch System:** Built-in safety stops for secure lifting during heavy exercises.
- ◆ **Oversized Footplate:** Allows varied foot positions to engage different muscle groups.
- ◆ **Ergonomic Backrest:** Supports lumbar spine for maximum comfort.
- ◆ **Smooth Sled Mechanism:** Provides consistent and controlled motion for joint-friendly operation

### SPECIFICATIONS

#### DIMENSIONS:

Length: 92 inches/234 cms

Width: 66 inches/168 cms

Height: 55 inches/140 cms

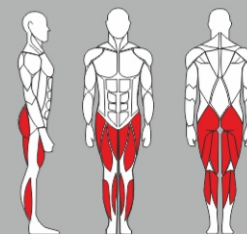
Weight: 510.81 lbs/231.7 kg

Start Weight: 64 kg

Max Loaded: Single Side: 616 lbs/280 kg

Both Side: 1232 lbs/560 kg

**MUSCLE WORKED:** Glutes Hamstrings



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

\*Plates, barbell, attachments and accessories are not included and need to be bought separately.