

ISOLATERAL LEG CURL

JPL - 127

Maximize your hamstring development with our Isolateral Leg Curl Machine. This machine allows for independent movement of each leg, ensuring balanced muscle engagement and reducing strength discrepancies. Featuring adjustable settings and ergonomic design, users can tailor their workout for optimal biomechanical alignment and comfort.



Scan Here
to Access the Video

FEATURES

- ◆ **Independent Leg Movement:** Enables unilateral training for balanced hamstring development.
- ◆ **Ergonomic Padding:** Provides optimal support and comfort during exercises.
- ◆ **Plate-Loaded Resistance:** Customizable weight system suitable for all fitness levels.
- ◆ **Adjustable Leg Pads:** Allows precise alignment for effective hamstring isolation.
- ◆ **Smooth Mechanics:** Biomechanically optimized for seamless and joint-friendly movement.

SPECIFICATIONS

DIMENSIONS:

Length: 50 inches/127 cms

Width: 55 inches/140 cms

Height: 51 inches/130 cms

Weight: 181.22 lbs/82.2 kg

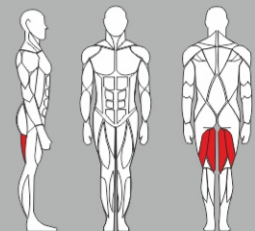
Start Weight: 12.7 kg

Max Loaded: Single Side: 176 lbs/80 kg

Both Side: 352 lbs/160 kg

MUSCLE WORKED: Biceps Femoris, The Semimembranosus, The Semitendinosus

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.