

## KNEELING LEG CURL

JPL - 511

The Kneeling Leg Curl allows for single leg isolation while providing ergonomic support for the upper body.



Scan Here  
to Access the Video

### FEATURES

- ◆ **Ergonomic Kneeling Design:** Isolates hamstrings while minimizing lower back strain.
- ◆ **Independent Leg Movement:** Enables unilateral training for balanced muscle growth.
- ◆ **Adjustable Rollers:** Fits various leg lengths for optimal comfort and alignment.
- ◆ **Smooth Resistance:** High-quality weight stack ensures controlled and consistent motion.
- ◆ **Padded Supports:** Cushioned knee and arm supports enhance stability and comfort.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 56 inches / 142 cms  
Width: 42 inches / 107 cms  
Height: 64 inches / 163 cms  
Weight: 475.3 lbs / 215.6 kg  
Weight stack: 165 lbs / 75 kg

**MUSCLE WORKED:** Hamstrings

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

