

## SEATED LEG CURL

JPRL- 502

The Seated Leg Curl machine from the Proton Series is expertly designed to target and strengthen the hamstrings with superior comfort and control. It features comfortable thigh pads that securely lock the legs in place, minimizing unwanted movement and maximizing muscle engagement. The ergonomic back support ensures proper posture and reduces lower back strain during the exercise.



### 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.

