

## SEATED LEG CURL / EXTENSION COMBO.

JFL - 5080

The Seated Leg Curl / Extension Combo combines 2 machines in 1. It allows the user to workout both their quads and hamstrings on the same machine.



Scan Here  
to Access the Video

### FEATURES

- ◆ **Dual Functionality:** Combines leg curl and extension exercises for versatile lower-body workouts.
- ◆ **Ergonomic Design:** Promotes proper posture to target hamstrings and quadriceps effectively
- ◆ **Adjustable Seat & Rollers:** Customizable for users of all sizes for comfort and optimal mechanics.
- ◆ **Smooth Resistance:** High-quality weight stack ensures fluid motion and consistent resistance.
- ◆ **High-Density Padding:** Cushioned seat, backrest, and rollers enhance comfort during intense use.

### SPECIFICATIONS

#### DIMENSIONS:

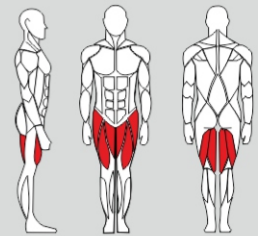
Length: 65 inches / 165 cms

Width: 44 inches / 112 cms

Height: 56 inches / 142 cms

Weight: 551 lbs / 250 kg

Weight stack: 220 lbs / 100 kg



**MUSCLE WORKED:** Hamstrings / Quadriceps

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