

LEG EXTENSION

JCRL - 101

Leg Extension isolates and strengthens the quadriceps through a bio mechanically aligned movement pattern. The angled seat position helps maintain focus on the target muscles, while precisely positioned pivot points support natural knee movement throughout the exercise. It provides a maximum weight of up to 220 lbs.



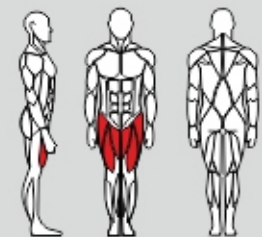
FEATURES

- ◆ **Ergonomic Design:** Ensures proper posture to target quadriceps and reduce joint strain.
- ◆ **Adjustable Seat & Backrest:** Fits users of all heights for comfort and optimal form.
- ◆ **Smooth Resistance:** Precision weight stack delivers controlled motion.
- ◆ **Padded Rollers:** Provides support and comfort during intense workouts.
- ◆ **Durable & Compact:** Robust, space-saving design for any gym setup.
- ◆ **Smart Accessory Storage:** Built-in accessory holder for shaker bottle and mobile phone.

SPECIFICATIONS

DIMENSIONS:

Length: 60 inches / 152 cms
Width: 46 inches / 117 cms
Height: 62 inches / 157 cms
Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Vastus Lateralis, Rectus Femoris
Vastus Intermedialis

COLOURS AVAILABLE: Black.