

PRONE LEG CURL

JCRL - 103

Prone Leg Curl focuses on targeted hamstring development through a stable and supportive exercise position. Its angled torso pads are designed to enhance body support and help minimise stress on the lower back during training. The pivot points are placed precisely at the knee level for bio mechanically correct movements, while adjustable roller pads allow proper setup for users with different leg lengths.



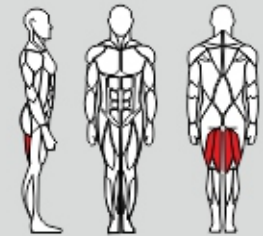
FEATURES

- ◆ **Ergonomic Design:** Optimized positioning for effective hamstring isolation.
- ◆ **Adjustable Rollers:** Ensures proper alignment and comfort for all users.
- ◆ **Smooth Resistance:** Precision weight stack delivers fluid, consistent motion.
- ◆ **Comfortable Padding:** High-density pads reduce pressure during workouts.
- ◆ **Full Range of Motion:** Enables complete hamstring contraction and extension.
- ◆ **Smart Accessory Storage:** Built-in accessory holder for shaker bottle and mobile phone.

SPECIFICATIONS

DIMENSIONS:

Length: 66 inches / 168 cms
Width: 44 inches / 112 cms
Height: 62 inches / 157 cms
Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Biceps Femoris The Semimembranosus, The Semitendinosus

COLOURS AVAILABLE: Black.