

SEATED LEG CURL

JCRL - 102

Seated Leg Curl enables focused hamstring training through an ergonomic seated design that supports stability and proper exercise execution.

Knee-level pivot alignment encourages a natural range of motion, while the adjustable backrest, thigh pad, and ankle roller accommodate different user sizes and training preferences. The machine is designed to deliver consistent resistance throughout the movement.



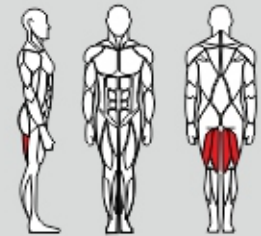
FEATURES

- ◆ **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.
- ◆ **Smart Accessory Storage:** Built-in accessory holder for shaker bottle and mobile phone.

SPECIFICATIONS

DIMENSIONS:

Length: 66 inches / 168 cms
Width: 46 inches / 117 cms
Height: 62 inches / 157 cms
Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Biceps Femoris, The Semimembranosus, The Semitendinosus

COLOURS AVAILABLE: Black.