

SEATED LEG PRESS / SQUAT COMBO.

JPL - 507

Seated Leg press combines two lower-body exercises in a single space-efficient machine. Designed to target both the hamstrings and quadriceps, it allows users to switch between movement patterns with ease while maintaining a stable and comfortable training position.



FEATURES

- ◆ **Ergonomic Design:** Ensures proper alignment to target lower body muscles while reducing joint strain.
- ◆ **Adjustable Seat & Backrest:** Customizable positions for all users ensure comfort and correct posture.
- ◆ **Smooth Resistance:** Precision weight stack delivers consistent and fluid motion.
- ◆ **Wide Foot Platform:** Non-slip surface supports varied foot positions for targeted training.
- ◆ **Core Stability:** Engages core muscles while focusing on lower-body strength.
- ◆ **Smart Accessory Storage:** Built-in accessory holder for shaker bottle and mobile phone.

SPECIFICATIONS

DIMENSIONS:

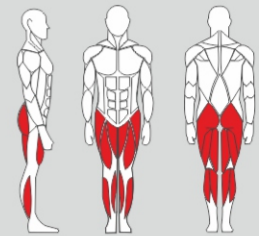
Length: 92 inches / 234 cms

Width: 45 inches / 114 cms

Height: 68 inches / 173 cms

Weight: 990 bs / 449.1 kg

Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Quadriceps, Hamstrings, Glutes

COLOURS AVAILABLE: Black.