SEATED LEG PRESS / SQUAT COMBO.

JCRL - 107

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.







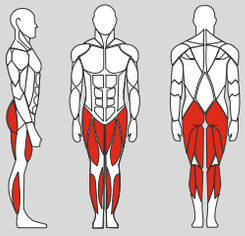
FEATURES

- **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.