

**SEATED LEG CURL /
EXTENSION COMBO.**

JL-509

- ◆ The Seated Leg Curl / Extension Combo combines 2 machines in 1. It allows the user to workout both their quads and hamstrings on the same machine.

- ◆ **DIMENSION:**

Length : 65 inches / 165 cms

Width : 44 inches / 112 cms

Height : 56 inches / 142 cms

Weight Stack : 220lbs / 100kg

- ◆ **MUSCLE WORKED:**

Hamstrings / Quadriceps

