

# *Seated Leg Curl*

- Seat and cushions can be adjusted together, keep user's hamstring muscles contracted as much as possible.
- Button release range adjustment function can adjust the starting angle to users to be in and out of the machine.
- The legs shaft is fixed so that adjustments as the traditional sitting leg curl and extension is not needed. and the possibility of excessive stretching the knee is minimized.
- DIM: (L)1540\*(W)1250\*(H)1750mm  
N.W.: 200KG  
Weight stack: Standard: 80KG/ Max: 120KG"

