

# ALTERNATE LEG CURLING

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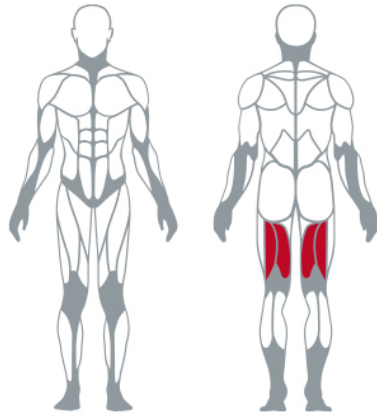
The Alternate Leg Curling aims to the isolation of hamstrings muscles in prone lying position. It stands out for:

- physiological load curve with levers system;
- independent levers with mono lateral or bilateral exercises;
- adjustable thrust rollers;
- spring counterbalance to reset the empty weight of the exercise levers;
- ventral padding that leaves more freedom to the chest;
- addition of new paddings for elbow support and double handles suitable for different user heights.

## Optional

- 4 additional weight holders.

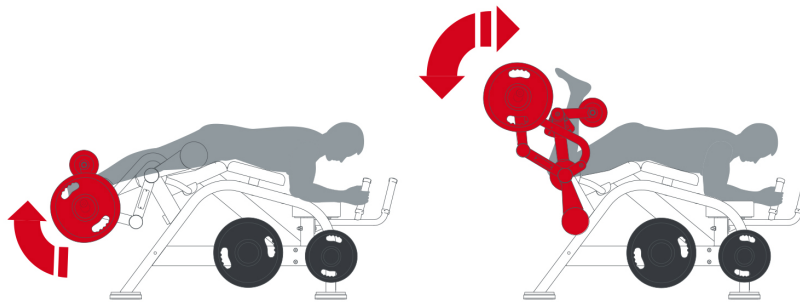
## MUSCLES



## TECHNICAL SPECIFICATIONS

|             |        |
|-------------|--------|
| Width       | 165 cm |
| Length      | 160 cm |
| Height      | 90 cm  |
| Weight      | 220 Kg |
| Max. Weight | 220 Kg |

## TRAINING



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The accessories (dumbbells, discs and barbells) are always placed as decorum therefore not included in the machine.