

KNEELING LEG CURLING /

1FW094



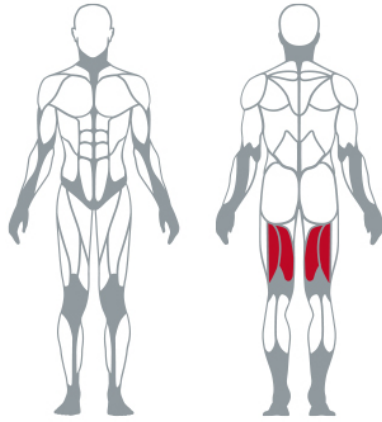
The Kneeling Leg Curling is specific for the hamstrings, such as semitendinosus, semimembranosus or femoral biceps, with exclusive mono-lateral execution. The height of the support paddings for the elbows allows an efficient pre-stretching of target muscles. The double handgrips allow each kind of user to find the correct position of the exercise. It stands out for:

- adjustable thrust rollers;
- physiological load curve with levers system;
- counterbalance to reset the empty weight of the exercise levers;
- central endorsement for the support leg ;
- double support handles to adapt to different users size.

Optional:

- 4 additional weight holders.

MUSCLES



TECHNICAL SPECIFICATIONS

Width	170 cm
Length	120 cm
Height	140 cm
Weight	305 Kg
Max. Weight	220 Kg

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