

**KNEELING LEG CURL**  
JPL-511

◆ The Kneeling Leg Curl allows for single leg isolation while providing ergonomic support for the upper body.

◆ **DIMENSION:**  
Length : 56 inches / 142 cms  
Width : 42 inches / 107 cms  
Height : 64 inches / 163 cms  
Weight Stack : 165lbs / 75kg

◆ **MUSCLE WORKED:**  
Hamstrings

