

- ◆ 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.

SEATED LEG CURL /  
EXTENSION COMBO.  
JPL 509

- ◆ **DIMENSION:**  
Length : 65 inches / 165 cms  
Width : 44 inches / 112 cms  
Height : 58 inches / 147 cms  
Weight Stack : 220lbs / 100kg

- ◆ **MUSCLE WORKED:**  
Hamstrings / Quadriceps

