

SEATED LEG CURL
JPL-502

◆ The Seated Leg Curl allows the user to effectively target the hamstrings while remaining in a comfortable upright position. The pivot points are placed precisely at the knee level for biomechanically correct movements. The backrest, ankle pad and thigh support are all adjustment able so that the user can find their ideal position.

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

◆ **MUSCLE WORKED:**
Biceps Femoris
The Semimembranosus
The Semitendinosus

