

◆ Achieve lower body excellence with our Multi Gym Machine. This machine offers a wide array of exercises targeting the legs, glutes, and lower back. Featuring adjustable weight stacks and ergonomic footplates, users can tailor their workouts for optimal muscle activation and growth.

◆ **DIMENSION:**

Length : 115 inches / 292 cms

Width : 95 inches / 241 cms

Height : 80 inches / 203 cms

Weight Stack :

Leg Extension : 220lbs / 100kg

Seated Leg Curl : 220lbs / 100kg

Seated Leg Press : 400lbs / 180kg

Standing Calf : 220lbs / 100kg

◆ **MUSCLE WORKED:**

Glutes

Hamstrings

