

ISOLATERAL LEG CURL  
JPL-127

◆ Maximize your hamstring development with our Isolateral Leg Curl Machine. This machine allows for independent movement of each leg, ensuring balanced muscle engagement and reducing strength discrepancies. Featuring adjustable settings and ergonomic design, users can tailor their workout for optimal biomechanical alignment and comfort.

◆ **DIMENSION:**  
Length : 50 inches / 127 cms  
Width : 55 inches / 140 cms  
Height : 51 inches / 130 cms

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

