

ISOLATERAL LEG PRESS

JPL-145

◆ Featuring independent leg platforms, the isolateral design ensures balanced muscle development and reduces strength imbalances. The overhead floating pivot facilitates a natural and biomechanically correct leg pressing motion, minimizing stress on joints. With adjustable footplates and seat position, users can customize their workout for optimal comfort and targeting specific muscle groups.

◆ **DIMENSION:**
Length : 72 inches / 183 cms
Width : 60 inches / 152 cms
Height : 64 inches / 163 cms

◆ **MUSCLE WORKED:**
Glutes
Hamstrings

