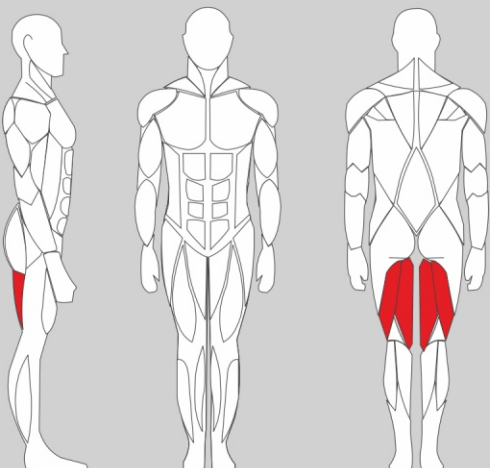


◆ The Isolateral Standing Leg Curl is expertly crafted to boost hamstring strength with its innovative design. Its isolateral feature allows independent leg engagement, fostering balanced muscle development and reducing asymmetry. With adjustable settings and ergonomic grips, it accommodates users of all sizes and fitness levels, providing a customized and comfortable workout experience. The contoured seat and cushioned leg rollers offer stability and support during exercises.

◆ **DIMENSION:**
Length : 62 inches / 157 cms
Width : 78 inches / 198 cms
Height : 53 inches / 135 cms

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



ISOLATERAL STANDING LEG CURL
JPL-140

