

LEG CURL / EXTENSION COMBO.

JNRL-5050

◆ The Leg Curl / Extension Combo combines 2 machines in 1. It allows the user to workout both their quads and hamstrings on the same machine. The backrest flips down to perform the leg curl exercise and can be raised to perform the leg extension exercise.

◆ **DIMENSION:**
Length : 65 inches / 165 cms
Width : 44 inches / 112 cms
Height : 56 inches / 142 cms
Weight Stack : 165lbs / 75kg

◆ **MUSCLE WORKED:**
Hamstrings / Quadriceps

