

- ◆ The Seated Leg Curl / Extension Combo combines 2 machines in 1. It allows the user to workout both their quads and hamstrings on the same machine.

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

- ◆ **MUSCLE WORKED:**
Hamstrings / Quadriceps

