

- ◆ There is variable cam resistance over full range of motion (ROM) along with easy axis alignment for a biomechanically correct position. The adjustable thigh pad stabilizes the legs for isolation of hamstrings. The Jerai Fitness Seated Leg Curl provides a maximum weight of up to 165 lbs.

- ◆ **DIMENSION:**  
Length : 65 inches / 165 cms  
Width : 37 inches / 94 cms  
Height : 56 inches / 140 cms  
Weight Stack : 165lbs / 75kg

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

