

Spirit ISO Standing Leg Curl

SKU: SPE-PL-3110

- Designed & manufactured in our UK factory
- Conforms with ISO/CEN equipment standards
- Commercial use structural lifetime warranty

The Spirit Plate Loaded Standing Leg Curl is engineered to deliver precise hamstring isolation while providing superior stability and comfort. Manufactured in the UK from a heavy-duty box section and premium components, this machine is made to withstand high-volume use in commercial facilities.

The Spirit Standing Leg Curl features a supportive kneeling pad to stabilise the non-working leg and ensure the opposite leg moves independently. Padded elbow rests and handles provide secure upper-body support, allowing users to focus fully on hamstring isolation. This machine sets up the user in an upright, kneeling position, for optimal alignment and a natural range of motion that is safe and effective. Complete with band pegs for variable resistance, and high impact feet that include hidden floor fixing points.



Standard Colour Options



Features

Kneeling Pad

The kneeling pad supports the non-working leg to ensure the opposite leg moves independently.

Self-Adjusting Rollers

Self-adjusting leg rollers automatically conform to the user's leg position.

High Impact Feet

High impact ABS plastic feet with concealed floor fixing points protect gym floors and can be used for added stability.

Upper-Body Support

Equipped with handles and elbow pads that support the upper body and allows users to focus on isolating the hamstrings.

Long-Term Durability

Key components are made from stainless steel for resistance to rust, wear, and heavy use, providing long-term durability.

Exercise Placard

Complete with an easy to understand instructional placard with targeted muscles.

Optimal Alignment

Sets up the user in an upright, kneeling position, for optimal alignment and a correct natural range of motion.

Band Pegs

Equipped with band pegs for varied resistance and advanced training methods.

Made in Britain

Designed and manufactured in Great Britain for superior build quality.

Specifications

SKU

SPE-PL-3110

Length

1194mm / 47.1"

Width

1542mm / 60.8"

Height

1335mm / 52.6"

Weight

90kg / 198.5lbs

Start Weight

Max Load

320kg / 705.5lbs

Storage

N/A

Frame

80x80x3mm / 70x70x3mm

Certifications

EN ISO 20957-1 / EN 957-2

Warranty

Lifetime - Full Commercial