



Prone Leg Curl

SP-3514

FEATURES

- Prone positioning allows for training hamstrings across both hip and knee joints
- Pad angles stabilize hips to prevent them from rising during exercise
- Adjustable range of motion to accommodate goals or knee limitations
- Built-in storage at top of tower for phone and water

PRODUCT DIMENSION	1561 x 1121 x 1592mm / 61" x 44" x 63"
WEIGHT STACK	110kg / 240lb (15lb x 16 pcs) The incremental weight : 7.5lb
PRODUCT WEIGHT	248kg / 548lb

