



Seated Leg Curl

SI-1-SLC

- Bilateral Stability Control for balanced strength development
- Variable resistance cam to provide greater resistance throughout the range of motion
- Range of Motion adjustment and front handles facilitate hip flexion for optimal hamstring pre-stretch
- Centre drive mechanism prevents torsional flexion and allows easy, user friendly side entry
- Gas assisted back rest adjustment

Muscles:
- Hamstrings

Length(mm):	1428
Width(mm):	1298
Height (mm):	1393
Machine Weight (kg):	329

Weight Stack

Standard (kg): 75

