

Leg Extension & Curl Machine

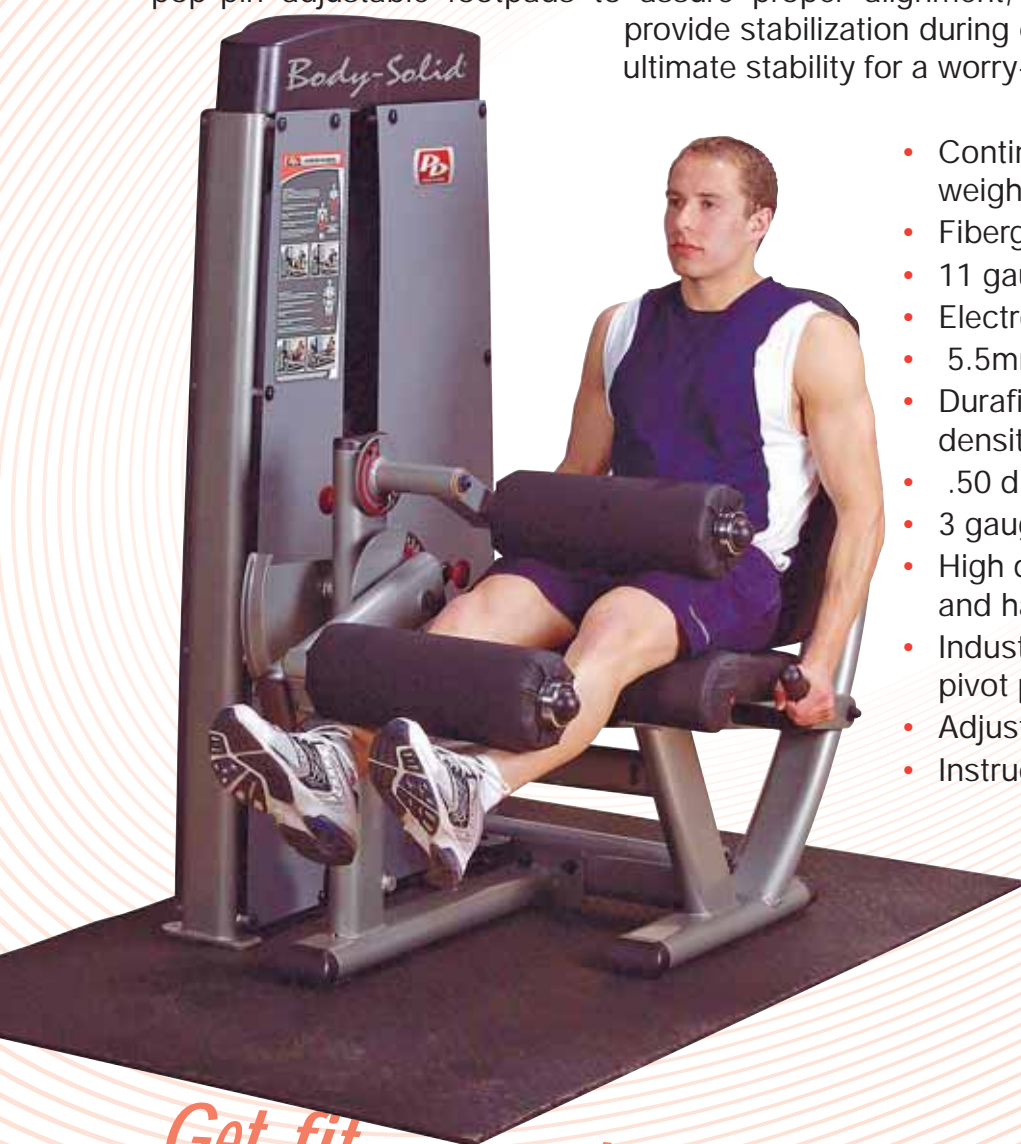
PRO DUAL RANGE

DLEC-SF

Ergonomically correct body positioning for natural and complete hamstring development

Body-Solid's Pro Dual Leg Extension & Curl Machine's biomechanically accurate pivot point ensures ergonomically correct body positioning for natural and complete hamstring development. Angles and ergonomics are key for effective, efficient workouts of the quadriceps. Using a properly adjusted machine, a user will feel the muscles being worked as the exercise is performed.

An elliptical cam keeps the user's arc of movement smooth and provides variable resistance through a full range of motion. The recumbent DuraFirm™ back pad adjusts to fit any size user and eliminates lower back strain. The Pro Dual Leg Extension/Leg Curl Machine also features pop-pin adjustable footpads to assure proper alignment, while the adjustable thigh pads provide stabilization during exercise. Hold-down grips provide ultimate stability for a worry-free workout.



- Continuous welded, factory assembled weight frame
- Fiberglass reinforced nylon pulleys
- 11 gauge 60mm x 120mm oval tubing
- Electrostatically applied powder coated
- 5.5mm dia., 1100kg rated aircraft cable
- Durafirm upholstery over 60mm high density foam
- .50 dia. connecting bolts
- 3 gauge steel connecting plates
- High density foam rubber hand grips and handles
- Industrially rated, sealed bearings at all pivot points
- Adjustable seat back and leg rollers
- Instructional placard included

DIMENSIONS		USAGE
Length	124 cm	Home & Commercial
Width	99 cm	
Height	158 cm	

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