

K-106 Prone Leg Curl

Specifications:

Dimensions:

US 43" W X 65" L X 52" H

Metric 109 cm W X 165 cm L X 132 cm H

Weight Stack:

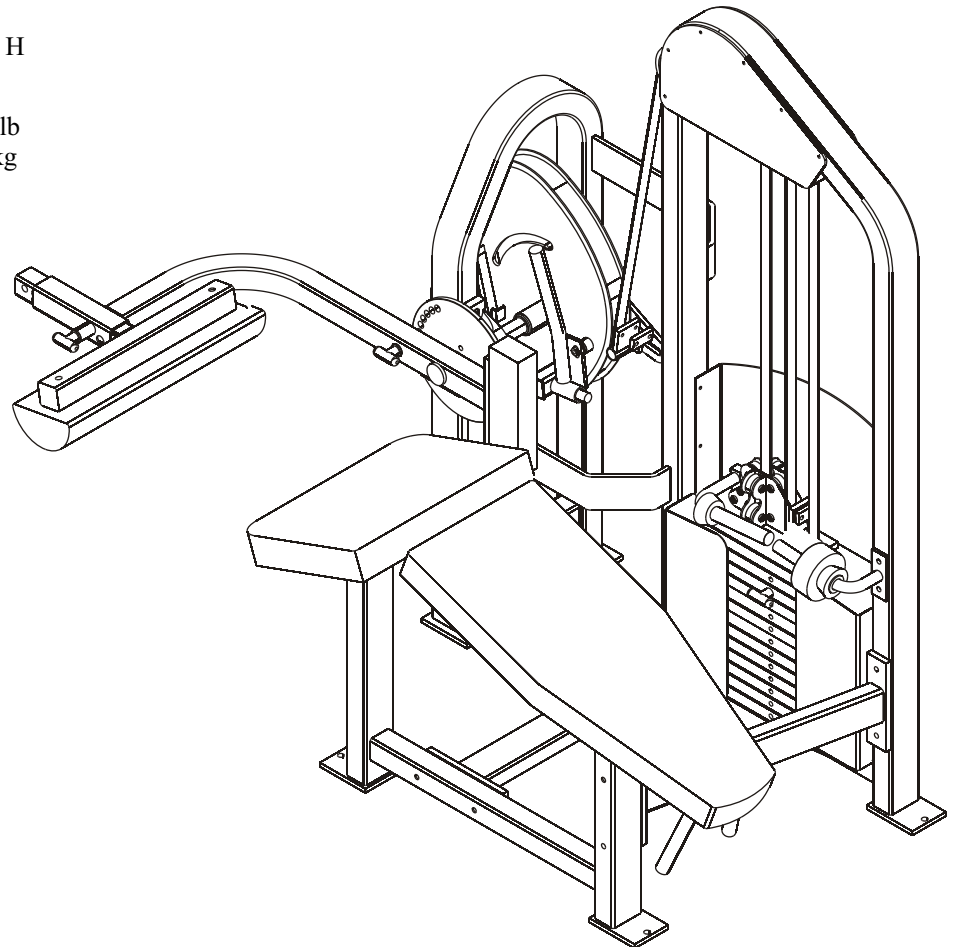
US 135 lbs. total, 1-5 lb, 1-10 lb, 12-10 lb

Metric 61 kg total, 1-2 kg, 1-4 kg, 12-4 kg

Total Weight:

US 420 lbs.

Metric 190 kg



Features:

- Built-in starting range limiter adjusts in 10° increments with 8 adjustment positions.
- Center leg pad is designed for ease of adjustment for various size trainees. 25° angled thigh pad design provides optimal positioning when isolating the hamstrings while aligning the knee with the axis of rotation.
- Smart Strength technology offers 3 different cam profiles simply by adjusting the cam; resistance curves are altered to stimulate different muscle fibers.
- Add on weights in 5 lb increments allow the trainee to fine tune their resistance requirements.
- Roller bearings are used to guide the weight stack top plate creating a smoother motion and consistent stem alignment.
- Adjustable cam has been modified to create strength curves specific for youth.