

L020 Leg extension / leg curl

- It allows for a dual exercise: leg extension (quadriceps) and leg curl (femoral).
- **Adjustable upper roller with 7 different positions, and lower roller 12 different positions**, that provide maximum adaptability to the shape, height and constitution of the user. This enables full adjustment.
- **Adjustable training arm with 8 different positions**. Enables you to select different starting positions, to choose between leg extensions (positions 1 to 4) or leg curls (positions 5 to 8).
- **Back rest inclination adjustment at different levels of inclination**. The user can easily train in the optimum position.
- **Counterbalanced arm**. Override the weight of the structure to be moved in order to lift only the selected weight plates.
- **Double side handles**. Acts as a support for users, helping to fix the posture during the exercise.

Position for leg curl



Specifications:

Length: 146 cm / 57,5"
Width: 125 cm / 49"
Height: 152 cm / 60"
Weight: 229 Kg / 505 lbs
Load: 90 Kg / 200 lbs

L020 Leg extension / leg curl

- **Front and rear fairings.** Provides greater security to the user during exercise, avoiding accidents while the plates are moving.
- **Information panel showing worked muscle groups and exercise position.** This helps the user to identify the machine quickly and use it correctly.
- **High resistance 5 mm thick coated steel cable.** For a smooth, secure performance.
- **Resistance adapted to all the strength moments** developed throughout the whole movement.
- **Designed for optimum exercise biomechanics.** It guarantee smooth, natural movements for full muscle concentration.
- **4 mm thick ST-37 / 40 steel frame.** High durability.
- **Round edges with elliptical section** in order to avoid cuts and knocks.
- **Three layer coating.** Enhanced by an initial anti-corrosion primer, followed by an epoxy powder layer and a lacquer or barnish.

Position for leg extension



L020 Leg extension / leg curl

- **Injected core fireproof seat.** Unlike the classic foam padded particle boards, the injected core offers the advantage of uniformity, anti-distortion and greater anti-bacterial protection.
- **Reliable and durable design with optimized safety and comfort.** Designed under the highest biomechanical standards and based on thorough studies of the anatomy of each muscle and its behavior during exercise. It ensures a range of soft and progressive exercise and a natural, precise and fluid movement.
- **Structure raised 50mm above floor level with rubber tipped feet.** This provides access for cleaning and vacuuming without scratching the paint.
- **Magnetic weight plate selector.** The magnets ensure that there is no possibility of the selector coming out during training.
- **Setting elements are bright contrasting yellow.** They provide a quick and easy visual identification of the selectors to be adjusted by any user, without help from the coach.
- **Visual level indicator of weight training in 3 colors depending on the level of charge:** Light, medium and advanced (green, yellow and red). Intuitive system that helps the user to quickly identify the load and the development or progression at the exercise. They show weight information in lbs and kgs.

