

# Fitness Breakthru

*Personalised Fitness Equipment Specialists*

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## Specs – Body Solid Leg Extension / Leg Curl



Leg extensions and leg curls produce so many benefits. They are high priority exercises with trainers, bodybuilders, coaches, and just about any fitness professional. These exercises define the front and back of the leg. They strengthen the knees, hamstrings, quadriceps, and glutes. They also serve to protect the knee and joints from stress and injury. Body-Solid Leg Extension / Leg Curl Machine are engineered with the user in mind. These machines adjust to fit your body comfortably and position you

for optimum exercise posture. Weight plate post is 1" diameter. Weight plates optional extra.

- Commercial 2" x 3" heavy-gauge steel frame with all-4-side welded construction.
- Fully adjustable for any size user, the recumbent DuraFirm™ back pad with hold-down grips can be set to 3 upright positions and 2 supinated positions for traditional leg curls.
- Hold down grips on both back and thigh pads for support and stability.
- DuraFirm™ pads are extra-thick and double stitched for comfort and support.
- Oversized 8" foam rollers.
- Pop-pin adjusts both vertically and horizontally for a proper fit.
- Wide base eliminates rocking for a solid leg workout.
- Ideal for home and commercial use.

**Dimensions:** 78cm(H) x 187cm(L) x 68cm(W)

*Body-Solid®*