LEGENDFITNESS

LEG EXTENSION/LEG CURL

(Part 918)

- Weight stack accessible from the exercise position.
- Seat back adjusts for leg length.
- Multiple starting positions.
- · Adjustable thigh roller.
- Single pop pin switches between exercises.



DESCRIPTION

Take leg training to the next level with the Leg Extension/ Leg Curl combo machine. You can expect nothing but the best from this dual personality pin select machine. It is brilliant, simply brilliant! This one machine really works both the guads and the hamstrings from the same seated position with just one quick adjustment. It is spacesaving, effective, and efficient. The weight stack is easily accessible from the seat of the Leg Extension/Leg Curl. The movement is smooth thanks to heavy-duty pulleys and aviationgrade cables.

WEIGHT STACK INFORMATION

The Leg Extension/Leg
Curl comes supplied with a
200-pound weight stack with
10-pound plates. You can
upgrade to a 250-pound or
300-pound weight stack as well,
both in 10-pound increments.







