

SEATED LEG CURLING / 1FW183



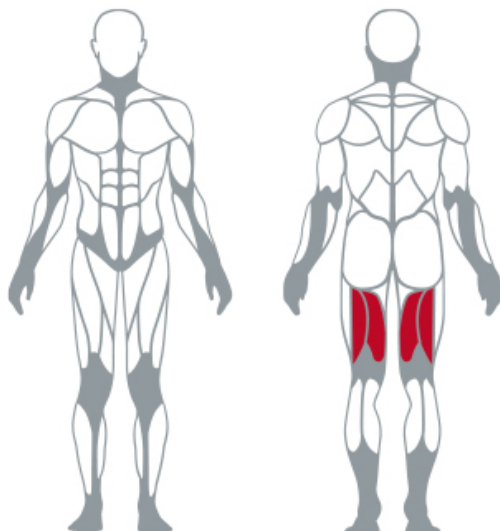
The Seated Leg Curling is aimed to the isolation of the hamstrings muscles in a sitting position. It stands for:

- gas assisted backrest adjustable in height
- physiological load curve with levers system;
- adjustable thrust rollers;
- upper roller to place the thighs in the physiological correct position and adjustable in height;
- counterweights to reset the empty weight of the exercise levers;
- adjustable starting angle;
- handle for easy starting system.

Optional:

- 2 additional weight holders.

MUSCLES



TECHNICAL SPECIFICATIONS

Width	150 cm
Length	135 cm
Height	150 cm
Weight	180 Kg
Max. Weight	110 Kg

TRAINING



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26/3/2021

The accessories (dumbbells, discs and barbells) are always placed as decorum therefore not included in the machine.