

GCEC-STK

Body-Solid - Proselect Selectorized Leg Extension Curl



Leg Curl



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The fully adjustable 7 gauge steel cam maximizes range of motion capabilities with a biomechanically- correct seat angle for proper isolation of muscle groups.

Strengthen your quadricep muscles with the leg extension exercise by positioning your legs behind the oversized rollers, firmly grip the handles and lift. To work your glutes and hamstring muscles, pull the oversized pop pin and insert the thigh restraint to a comfortable position, sit down and wrap your legs over the 8" foam rollers, then press down to perform seated leg curl exercises.

Dimensions: 70"H x 50"L x 50"W

Special Features

- Ideal for home and commercial usage
- Durafirm pads and oversized rollers for a comfortable workout
- 7 position adjustments on back pad and leg hold down to fit all size users
- Easy pull pin design adjusts positioning from leg extension to leg curl exercise
- Rotary range of motion adjustment enables various start positions
- Distance from top of seat pad to bottom of foam roller (leg extension) 16"