

## GCEC340

### Body-Solid - Cam Series Leg Extension/Leg Curl Machine



**Leg Curl**  
(Leg Extension shown at left)

### GCEC340 Cam Series Leg Extension/Leg Curl Machine

Leg workouts have never been so quick and efficient. The two most important leg exercises can now be performed from one comfortable position. The fully adjustable 7-gauge steel cam will easily accommodate any user.

Just pull the jumbo pop pin and raise the lifting arm to a comfortable starting position, sit down and wrap your legs over the 8" foam rollers, then press down to perform seated leg curl exercises that will stretch and strengthen your glutes and hamstring muscles. Pull the pin again to lower the lifting arm and position your legs behind the oversize rollers to work the quadriceps muscles through a leg extension exercise.

Dimensions: 37"H x 49"L x 42"W

### Special Features

- Lifetime warranty
- The two most important leg exercises can now be performed from one comfortable position
- Thick, comfortable DuraFirm™ pads and fully adjustable 7-gauge steel cam will easily accommodate any user
- Easy-to-use pop-pin that allows adjustments to increase and control the user's range of motion
- Adjustable lifting arm can be positioned for exercising both the hamstring and quads
- Ideal for home and commercial use