

ALTERNATE LEG CURLING / 1FW082



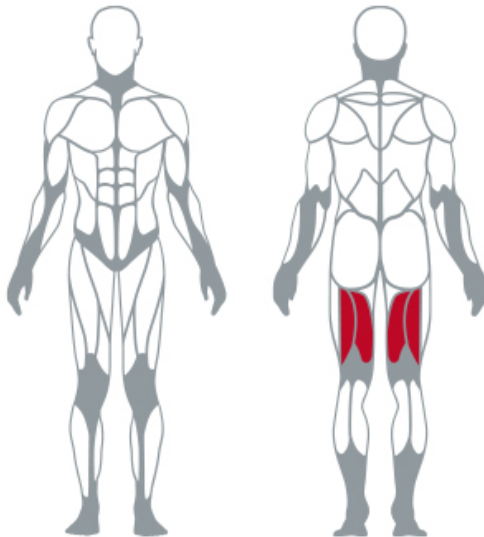
Alternate Leg Curling is aimed at isolating the hamstring muscles in a prone lying position. It is characterized by:

- PHYSIOLOGICAL LOAD CURVE WITH LEVER SYSTEM;
- INDEPENDENT LEVERS FOR SINGLE OR BILATERAL EXECUTION;
- ADJUSTABLE PUSH ROLLERS;
- COUNTERBALANCING TO ZERO THE EMPTY WEIGHT OF THE OPERATING LEVERS;
- MODIFIED THE VENTRAL PADDING TO LEAVE MORE FREEDOM IN THE CHEST;
- INTRODUCED PADDING TO SUPPORT THE ELBOWS AND DOUBLE SUPPORT HANDLES THAT ADAPT TO THE DIFFERENT STATURE OF THE USERS.

Optional

- 4 ADDITIONAL WEIGHT HOLDERS.

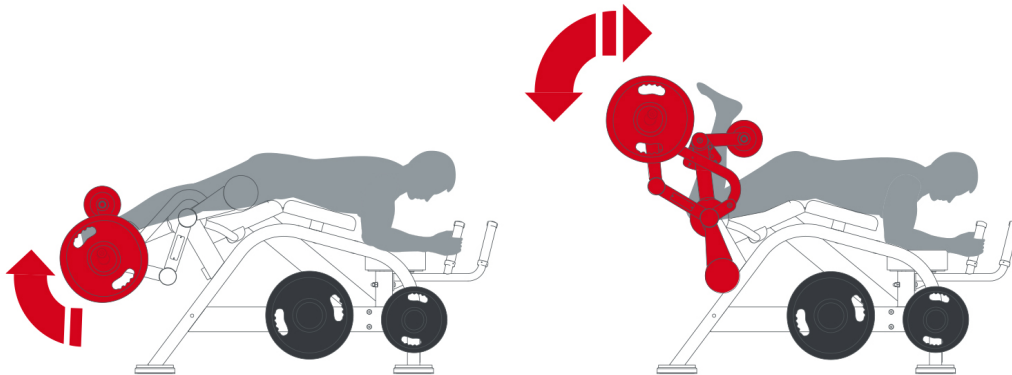
MUSCLES



TECHNICAL DATA

Width	165 cm
Length	160 cm
Height	90 cm
Weight	220 Kg
Maximum load	220 Kg

WORK OUT



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