Leg Extension - Prone Leg Curl

ES-55A09YR



The Leg Extension / Prone Leg Curl embodies the core principles of the Essential Strength Line—durability, smooth performance, and intuitive movement. This dual-function unit allows users to effectively isolate and train the quadriceps and hamstrings, supporting balanced lower body development, strength gains, and muscle definition. Designed for full-commercial environments, this machine provides smooth, controlled resistance and proper biomechanical alignment for both movements. Its efficient design makes it a valuable addition to any lower body training area, from athletic performance facilities to rehabilitation settings.

Key Features & Specifications:

- Commercial-Grade Frame Construction: Main frame: 4.65" × 2.95" × 0.12" semi-elliptical steel tubing Functional area: 4.72" × 1.97" × 0.12" flat oval tubing Movement arms: 3.15" × 1.57" × 0.12" steel tubing Joint sections: 3.94" × 1.97" × 0.12" flat oval tubing All structural components utilize high-quality Q235 steel.

- Smooth & Durable Performance: Precision-engineered movement arms deliver smooth resistance for both leg extension and prone leg curl exercises High-strength 7×19 strand cable system rated for up to 3,080 lbs. ensures long-term durability and reliability.

- Dual-Function Efficiency: Combines leg extension and lying leg curl movements into one space-efficient machine Supports balanced development of quadriceps and hamstrings.

- Full Shroud Design: Durable full shrouds constructed from 0.16" thick virgin ABS for enhanced safety and a clean, modern appearance.

- Comfort-Driven Components: High-resilience MC foam padding provides long-lasting comfort and support Upholstered with premium-grade PU leather for durability and easy maintenance.

- Net Weight: 487lb
- Gross Weight: 507lb
- Weight Stack: 200lb

DIMENSION IN INCHES

Height	Width	Length
63.8	37.4	66.5