Leg Extension - Seated Leg Curl

ES-55A12YR



The Leg Extension / Seated Leg Curl embodies the core principles of the Essential Strength Line—durability, smooth performance, and intuitive movement. This dual-function unit is designed to effectively isolate and strengthen the quadriceps and hamstrings, providing a complete and balanced lower body training solution. Engineered for full-commercial environments, this machine delivers smooth, controlled resistance with proper biomechanical alignment for both movements. Its user-friendly design allows for quick adjustments and seamless transitions, making it suitable for users of all fitness levels.

Key Features & Specifications:

- Commercial-Grade Frame Construction: Main frame: 5.91" × 1.97" × 0.12" flat oval 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 provide a fluid, controlled range of motion for both leg extension and seated leg curl exercises High-strength 7×19 strand cable system rated for up to 3,080 lbs. ensures long-term durability and consistent performance.

- User-Focused Design: Right-side weight selector allows for safe, quick, and convenient adjustments during training. Dual-function design enables seamless transition between quadriceps and hamstring exercises.

- 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 delivers long-lasting comfort and support Upholstered with premium-grade PU leather for durability and easy maintenance.

- Net Weight: 529lb
- Gross Weight: 611lb
- Weight Stack: 175lb

DIMENSION IN INCHES

Height	Width	Length
64	45.7	52.8