Vision Strength - Prone Leg Curl



Details

Ideal for strengthening calf and hamstring muscles, our selectorized prone leg curl station is tougher than you can imagine and more comfortable than you'd expect. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to sit down and start refining their hamstring and calf muscles.

SPECIFICATIONS

Adjustments

Color-coded Pivots & Points of Adjustment	Yes
User Adjustment Range	6 positions

Frame & Cables

Cable Transmission	Internally lubricated cables and fittings
Machine Anchoring	4 anchoring locations
Frame Color	Matte Black
Frame Finish	Proprietary two-coat powder process

Tech Specs

Product Weight	197.5 kg / 435 lbs.

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Overall Dimensions	149.5 x 96.5 x 170.5 cm /58.9” x 38.0” x 67.1”

User Amenities

Contoured seat	Yes
Instructional Placards	Muscle call outs, start and finish exercise illustrations
Placard Color Coding	Green (lower body)

Weight Stack

Weight Stack Guarding	Full front and rear shields
Consistent Stack Height	Yes
Weight Plate Increments	6.8 kg / 15 lbs.
Total Stack Weight	100 kg / 220 lbs.