



## Seated Leg Curl

SAB-1-SLC

- Bilateral Stability Control for balanced strength development
- Dynamic variable resistance
- Weight stack easily accessible from seated position

**Muscles:**  
- Hamstrings

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Length(mm):	1359
Width(mm):	1306
Height (mm):	1389
Machine Weight (kg):	296

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<b>Weight Stack</b>	
Standard (kg):	75

