



Leg Extension / Leg Curl

SD-1-LEC

- Dual operation – Leg Extension and Leg Curl
- Starting position Range of Motion (R.O.M) adjustment
- Side handles facilitate hip flexion for optimal hamstring pre-stretch

Muscles:
 - Quadriceps
 - Hamstrings

Length(mm):	1108
Width(mm):	1335
Height (mm):	1389
Machine Weight (kg):	325

Weight Stack	
Standard (kg):	148

