

PRONE LEG CURL

RS-1408

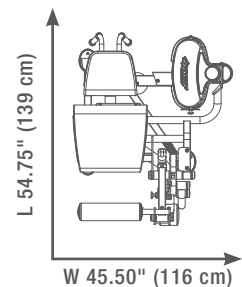


FEATURES

- Starts the body in a more upright angle making it easier to enter and exit the machine
- Rocking movement of the upper torso during the exercise offers increased flexibility and range of motion
- Downward rocking motion keeps spine and neck in correct alignment unlike traditional prone leg curls
- Angled grip handles allow for increased power and comfort of the movement
- Self-aligning roller for reduced stress on the knee and ankle
- Silent Steel® weight stack for noise reduction
- Range of motion adjustment accommodates starting position of ankle pad

SPECS

- Product Dimensions L x W x H
54.75" x 45.50" x 54.75"
(139 cm x 116 cm x 140 cm)
- Product Weight
511 lbs. (232 kg)
- Weight Stack
178 lbs. (81 kg)



HOIST® offers one of the best warranty policies in the industry, reaffirming our commitment to quality and customer satisfaction. HOIST warranties this product to the original purchaser only. HOIST guarantees this product to be free from defects in workmanship and/or materials under normal use or service.

For complete Warranty Information, visit www.hoistfitness.com and click on the "Support" link.

Warranty policy applies to defects from the manufacturer only. HOIST reserves the right to change product specifications, design, and function at any time.

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