

Auxotonic 2.0

CANALI
SYSTEM

LEG EXTENSION MACHINE



DESCRIPTION

This posture-supporting machine targets quadriceps strength by focusing on knee extension exercises.

It offers progressive auxotonic resistance.

The "Safety Knee" system reduces strain on the knee joint, while the "Safety Back" system minimizes stress on the lower back during workouts.

BENEFITS

The machine's adjustable section provides resistance without the need for added weights. This movement also supports the spine and helps stabilize the abdominal muscles throughout the workout.

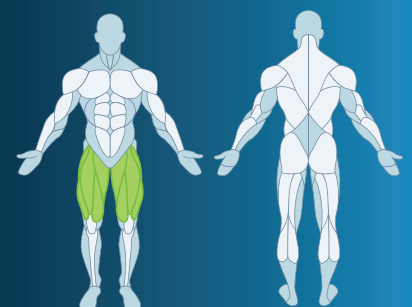
It can also be used with one leg at a time, if desired.

The auxotonic resistance system (progressive load) ensures that the entire range of motion is effectively targeted, without any drop in intensity at the most favorable angles.

The machine's rotation, along with the activation of the abdominal muscles, reduces shear forces on the knee, allowing the quadriceps to be trained safely, without stressing the tendons or creating knee compression, thanks to the "Safety Knee System."

Muscles trained

Quadriceps



TECHNICAL SPECIFICATIONS

Product Code	LXT - 00235
Resistance System	Canali System
Resistance Levels	20
Differentiated Work (dual selector)	No
Assisted Start	No
Minimum/Maximum User Height	150 - 205 cm
Length	139 cm
Width	80 cm
Height	146 cm
Equipment Weight	168 kg

