

# SEATED LEG CURL MACHINE



## DESCRIPTION

This machine is specifically designed to strengthen the hamstring muscles through knee flexion, using a postural rotation motion.

It provides progressive auxotonic resistance, ensuring a gradual increase in load.

Additionally, the "Safety Back" system helps to reduce tension on the spine during use, enhancing overall comfort and safety.

## BENEFITS

The machine generates resistance without the need for added weights.

This movement also supports the spine and helps stabilize the abdominal muscles throughout the workout.

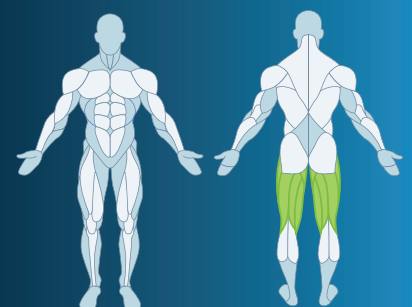
It can also be used one limb at a time, based on your preferences.

The auxotonic resistance system, which progressively increases, ensures that the full range of motion is effectively targeted, maintaining intensity even at the most optimal angles.

Additionally, the machine's rotation and its engagement of the abdominal muscles help reduce strain on the back, preventing hyperlordosis caused by the action of the knee flexor muscles.

## Muscles trained

Hamstrings



**TECHNICAL SPECIFICATIONS**

Product Code	LCR - 00248
Resistance System	Canali System
Resistance Levels	20
Differentiated Work (dual selector)	No
Assisted Start	No
Minimum/Maximum User Height	150 - 205 cm
Length	163 cm
Width	84 cm
Height	146 cm
Equipment Weight	189 kg

