

Auxotonic 2.0

**CANALI**  
SYSTEM

# LEG PRESS MACHINE



## DESCRIPTION

This is a machine with a postural rotation motion and abdominal stabilization, specifically designed to strengthen the quadriceps, calf muscles, glutes, and hamstrings through knee and hip extension exercises.

It features progressive auxotonic resistance.

The "Safety Knee" system helps reduce tension on the knee, while the "Safety Back" system minimizes stress on the back.

## BENEFITS

The machine's upward motion creates resistance without the need for added weights. This movement also provides support for your spine and helps stabilize your abdominal muscles during the workout.

As the machine moves, it counteracts the pressure on the backrest, offering progressive support even under heavy loads.

It can also be used one limb at a time for more targeted training.

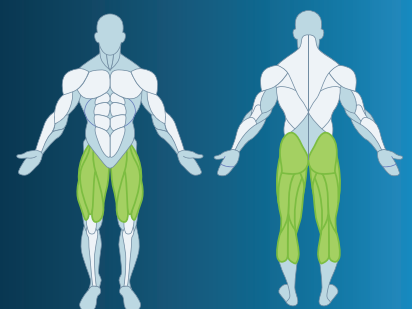
The wide foot platform allows you to push through your toes to activate the front muscles, or use your heels to target the posterior chain.

The auxotonic resistance, or progressive load, ensures a smooth workout through the full range of motion without any drops in resistance at the optimal angles.

The machine's rotation and engagement of your abdominal muscles help reduce knee compression, allowing you to work your muscles without stressing the tendons, thanks to the "Safety Knee System."

## Muscles trained

Hamstrings



**TECHNICAL SPECIFICATIONS**

Product Code	LPR - 00309
Resistance System	Canali System
Resistance Levels	20
Differentiated Work (dual selector)	No
Assisted Start	No
Minimum/Maximum User Height	150 - 205 cm
Length	248 cm
Width	84 cm
Height	138 cm
Equipment Weight	350 kg

