

### S-124 Seated Leg Curl

#### Specifications:

##### Dimensions:

US 44" W X 70" L X 63" H

Metric 112 cm W X 178 cm L X 160 cm H

##### Weight Stack:

US 265 lbs. total, 3-5lb, 1-10lb, 12-20lb

Metric 120 kg total, 3-2kg, 1-4kg, 12-9kg

##### Total Weight:

US 610 lbs.

Metric 277 kg



#### Features:

- Built-in starting range limiter adjusts in 10° increments with 8 adjustment positions.
- Center leg pad is designed for ease of adjustment for different size trainees.
- 25° angled seat pad places the trainee in the correct exercise position while providing full range of motion for isolation of the hamstrings.
- Four bar linkage, gas-assisted back rest adjusts to 8 positions to accommodate for various size trainees while user is in exercise position.
- Front adjusting leg hold down for optimal ease of use.
- Smart Strength technology offers 9 different cam profiles simply by adjusting the cam; resistance curves are altered to stimulate different muscle fibers.
- Add on weights in 5 lb increments allow the trainee to fine tune their resistance requirements.
- Roller bearings are used to guide the weight stack top plate creating a smoother motion and consistent stem alignment.
- Weight stack plates are labeled in both US customary and metric units of measure (lbs./kg)
- Molded back rest for proper lumbar support.