

# 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
- Six ankle pad adjustment points and four range of motion adjustments to accommodate users of all height

## SPECS

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