

**[CF] KNEELING LEG CURL**

CF - 3411

**Features:**

- Kneeling configuration allows for easy pivot point location and focuses resistance in target muscles throughout the movement for a more effective exercise
- Pivoting padded knee rest allows user to move from left leg to right leg without other adjustments
- Stabilizing ergonomic grips made of thermoplastic polyurethane improve elasticity and provides protection from oil, grease, and abrasion complete with anti-slip aluminum end caps
- Contoured pads for a comfortable form-fitting feel
- 1.5" dia. x 3mm wall storage and exercise weight horns
- Sturdy commercial grade frame construction: 2.5mm wall thickness tubing (~12 gauge)

**Product Specifications:**

US/METRIC

Length: 46.65" (118.49 cm)

Width: 52.93" (134.44 cm)

Height: 52.68" (133.8 cm)

Weight: 244 lb (110.68 kg)

Exercise capacity: 125 lb (56.69 kg) per horn (250 lb total)

Storage capacity: 125 lb (56.69 kg) per horn (250 lb total)

Starting exercise weight = 11 lb (5 kg) per horn (22 lb total)