

PRONE LEG CURL  
JPL-503

◆ The Prone Leg Curl features divergent angled torso support pads that isolate the hamstrings and reduce strain on the lower back. The pivot points are placed precisely at the knee level for biomechanically correct movements. Adjustable foot rollers adapt to all leg lengths.

◆ **DIMENSION:**  
Length : 67 inches / 170 cms  
Width : 44 inches / 112 cms  
Height : 58 inches / 147 cms  
Weight Stack : 220lbs / 100kg

◆ **MUSCLE WORKED:**  
Biceps Femoris  
The Semimembranosus  
The Semitendinosus

