

◆ The divergent angled seat boards isolate the hamstrings and reduce strain on the lower back. There is variable cam resistance over full range of motion (ROM). The pivot points are placed precisely at the knee level for biomechanically correct movements. Adjustable foot rollers adapt to all leg lengths. The Jerai Fitness Prone Leg Curl provides a maximum weight of up to 165 lbs.

◆ **DIMENSION:**
Length : 67 inches / 170 cms
Width : 44 inches / 112 cms
Height : 56 inches / 142 cms
Weight Stack : 165lbs / 75kg

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

