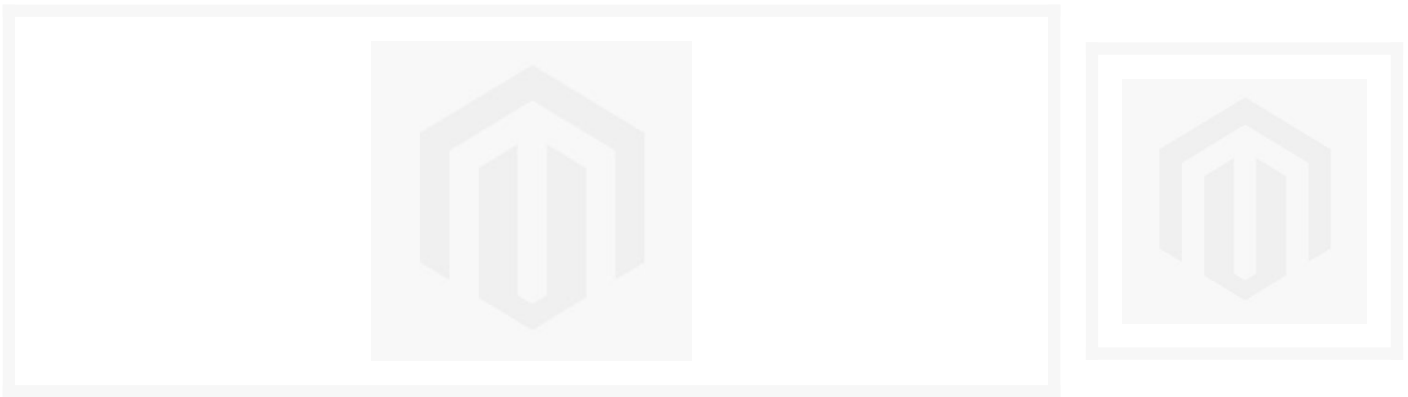


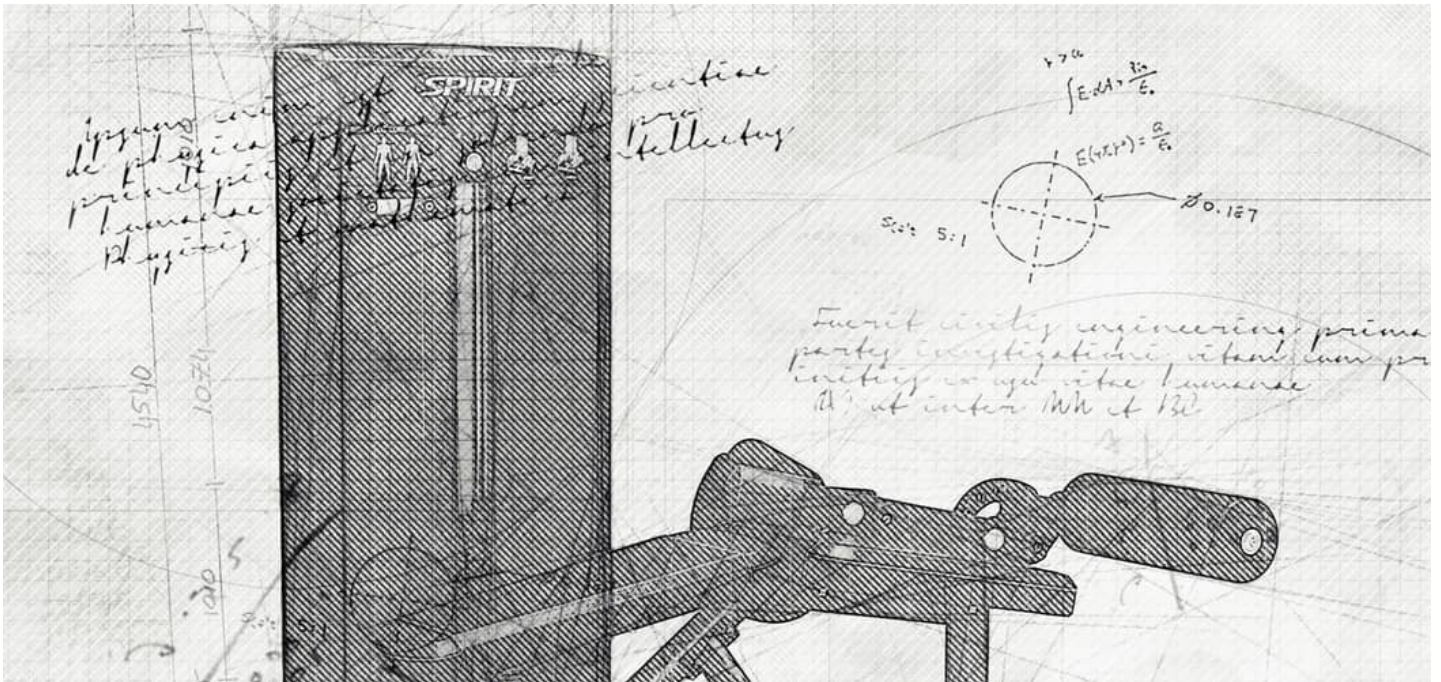
Spirit 35 Pin Select Seated Leg Curl

£3,495.00

Product Images



Short Description



Working the back of the thigh, the hamstring, is the targeted muscle for the Spirit 35 Pin Select Seated Leg press. This can often be a dual machine (Leg Curl and Leg Extension), but Spirit decided to keep it individual. With premium upholstery, a 90kg weight stack and easy access adjustments, it's a comfortable and easy machine to use.

Commercial gyms and home gyms often look to a leg curl machine to focus on the hamstrings safely. Spirit have ensured that the adjustable roller and back pads give you the ideal position for performing the exercise - especially with regards to the axis of rotation from the knee. Supportive back and seat pads are designed not to hinder hamstring development.

Why Choose Leg Curls?

As well as improving the strength of the hamstrings, the back of the thigh helps to protect your knee ligaments, especially if you do a lot of sport like football, rugby or cycling. Ensuring you perform the curl action with putting undue pressure on the knee or hip joint is helped by the angled seat position and back pad.

Adjustment for the lower 'heel' roller as well as the top roller pad that goes over the top of the thigh. Movement is smooth and from your seated position you can adjust the weight stack via the selector.

Key Features

- Easy roller pad adjustments
- Gas assisted seat adjustment
- 90kg Weight stack
- Premium upholstery
- Angled seat position

Additional Information

SKU	SP-3505
Weight	257.000000
Equipment Usage	Home & Commercial Use
Warranty	3 Years Parts & Labour