

Pro Series PL Prone Leg Curl

The Pro Series Plate Loaded Prone Leg Curl is a must-have for anyone looking to build strong, toned leg muscles. With a plate-loaded design, this machine allows for easy weight adjustment, and the ergonomic design ensures maximum comfort during workouts. Its compact size makes it ideal for smaller workout spaces. The angled backrest and adjustable leg pad help to reduce stress on the knees and lower back, making this machine an ideal option for those with existing injuries.



Compact Desing



Auxiliary Handle



Easily Adjustable



Extra Strong Plate Loader

Technical Specifications

Rating	Commercial
Upholstery	Black + Patterned Leather + PVC
Tubing	Tubing is 0.8x76.2x2.5
Adjustments	Adjustable seat height
Loading Capacity	150kg 330lbs
Starting Weight	11.8kg
Product Weight	81.5kg 179.6lbs
Dimensions	L162.3 x W 162.3 x H 79.8cm L63.9 x W63.9 x H31.4 inches

Key Features

Plate-loaded design allows for easy weight adjustment	•
Ergonomic design ensures maximum comfort during workouts.	•
Compact size is ideal for smaller workout spaces.	•
Low maintenance due to plate loading nature	•
High quality bearings for moving parts	•