

Sterling Series, Standing Leg Curl

The Sterling Leg Curl provides a safe, guided and controlled flexion movement. Hamstrings are one of the most neglected muscles during training, often making them quite weak in comparison to the quadriceps. The leg curl machine not only isolates, strengthens and defines the hamstrings, but the entire posterior chain. The soft leather cover on the pivot as well as the knee, leg and armrest provide ultimate comfort during use. In addition to the excellent range of movement, and smooth movement arc, this machine is a great addition to any training facility.



Adjustable Knee Height



Weight Horns



Heavy Duty Construction



Black Comfortable Pad



Technical Specifications

Rating	Commercial
Upholstery	Black, 60mm thick pads with industrial vinyl, thick plywood backing and 38mm foam
Tubing	2.5-3mm by 50 x 100 square tubing, electro welded to maximum integrity
Loading Capacity	120kg 265lbs
Starting Weight	5.5kg 12.1lbs
Product Weight	136kg 300lbs
Dimensions	L 140 x W 105 x H 120 cm L 55 x W 41 x H 47 inches

Key Features

Robust and heavy construction	•
Electro powder-coated and heat cured for superior durability	•
Olympic weight horns fitted as standard for optimum storage capacity	•
Low maintenance due to plate loading nature	•
Application of advanced biomechanics ensures that the equipment follows the body's physiological movement	•
High quality bearings for moving parts	•
Adjustable Seat Height	•