

# PRONE LEG CURL

## RS-2408



NON-SLIP HAND GRIP



ADJUSTABLE LEG PAD



## SPECS

### PRODUCT DIMENSIONS (L X W X H)

56.75" X 42.75" X 55.00" (144 cm X 109 cm X 140 cm)

### PRODUCT WEIGHT

571 lbs (259 kg)

583 lbs with RS-CAGE-NG-OPT1 (264 kg)

### WEIGHT STACK

180 lbs (82 kg)

190 lbs with RS-CAGE-NG-OPT1 (86 kg)

## FEATURES

- ◆ Starts the body in a more upright angle making it easier to enter and exit the machine
- ◆ Rocking movement of the upper torso during the exercise offers increased flexibility and range of motion
- ◆ Downward rocking motion keeps spine and neck in correct alignment unlike traditional prone leg curls
- ◆ Six ankle pad adjustment points and four range of motion adjustments to accommodate users of all height
- ◆ Optional add-on weight system