

# LEG CURL / LEG EXTENSION

## HD-3400

LEG EXTENSION



LEG CURL



ADJUSTABLE EXERCISE POINTS



ADJUSTABLE BACK REST



## SPECS

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

60.75" X 48.75" X 55.00" (154 cm X 124 cm X 140 cm)

### PRODUCT WEIGHT HD

557 lbs (253 kg)

569 lbs with RS-CAGE-NG-OPT3 (258 kg)

### PRODUCT WEIGHT HDG

580 lbs (263 kg)

592 lbs with RS-CAGE-NG-OPT3 (267 kg)

### WEIGHT STACK HD

215 lbs (98 kg)

220 lbs with RS-CAGE-NG-OPT3 (100 kg)

### WEIGHT STACK HDG

240 lbs (109 kg)

245 lbs with RS-CAGE-NG-OPT3 (111 kg)

## FEATURES

- ◆ Eight back pad adjustments for varying leg lengths
- ◆ Multiple range-of-motion adjustments for both exercises
- ◆ Self-aligning roller pad
- ◆ Optional 5 lbs Weight Upgrade (RS-CAGE-NG-OPT3)

## ADD ON WEIGHT



### 5 LB ADD ON



### 10 LB ADD ON



## OPTIONS

### RS-CAGE-NG-OPT1

5 lbs

### RS-CAGE-NG-OPT2

10 lbs

### RS-CAGE-NG-OPT3

5 lbs

### RS-CAGE-NG-63-OPT1

5 lbs

### RS-CAGE-NG-63-OPT2

10 lbs

### RS-CAGE-NG-63-OPT3

10 lbs

## FEATURES

- ◆ **User-Friendly Design:** Smaller Weight Increments: Cater to diverse users, enhancing accessibility.
- ◆ **Training Variety:** Range of Weight Options: Enables diverse training programs for engaging workouts.

## ADD ON WEIGHT

### RS-CAGE-NG-OPT1

#### ROC-IT SELECTORIZED

- ◆ RS-2101
- ◆ RS-2102
- ◆ RS-1103
- ◆ RS-2201
- ◆ RS-2203
- ◆ RS-2204
- ◆ RS-2301
- ◆ RS-2302
- ◆ RS-2401
- ◆ RS-2402
- ◆ RS-2406
- ◆ RS-2407
- ◆ RS-2408
- ◆ RS-2412
- ◆ RS-2415
- ◆ RS-1501
- ◆ RS-1502
- ◆ RS-2601
- ◆ RS-2602

#### HD-DUAL

- ◆ HD/G-3100
- ◆ HD/G-3600
- ◆ HD/G-3800
- ◆ HD/G-3900

### RS-CAGE-NG-OPT2

#### ROC-IT SELECTORIZED

- ◆ RS-2403

### RS-CAGE-NG-OPT3

#### HD-DUAL

- ◆ HD/G-3300
- ◆ HD/G-3400



## ADD ON WEIGHT

### RS-CAGE-NG-63-OPT1

#### HD-DUAL

- ◆ HD/G-3200

### RS-CAGE-NG-63-OPT2

#### HD-DUAL

- ◆ HDG-3403

### RS-CAGE-NG-63-OPT3

#### HD-DUAL

- ◆ HD-3403