

Leg & Calf Press Machine

*single*STATION - **LOWER**body

FEATURES

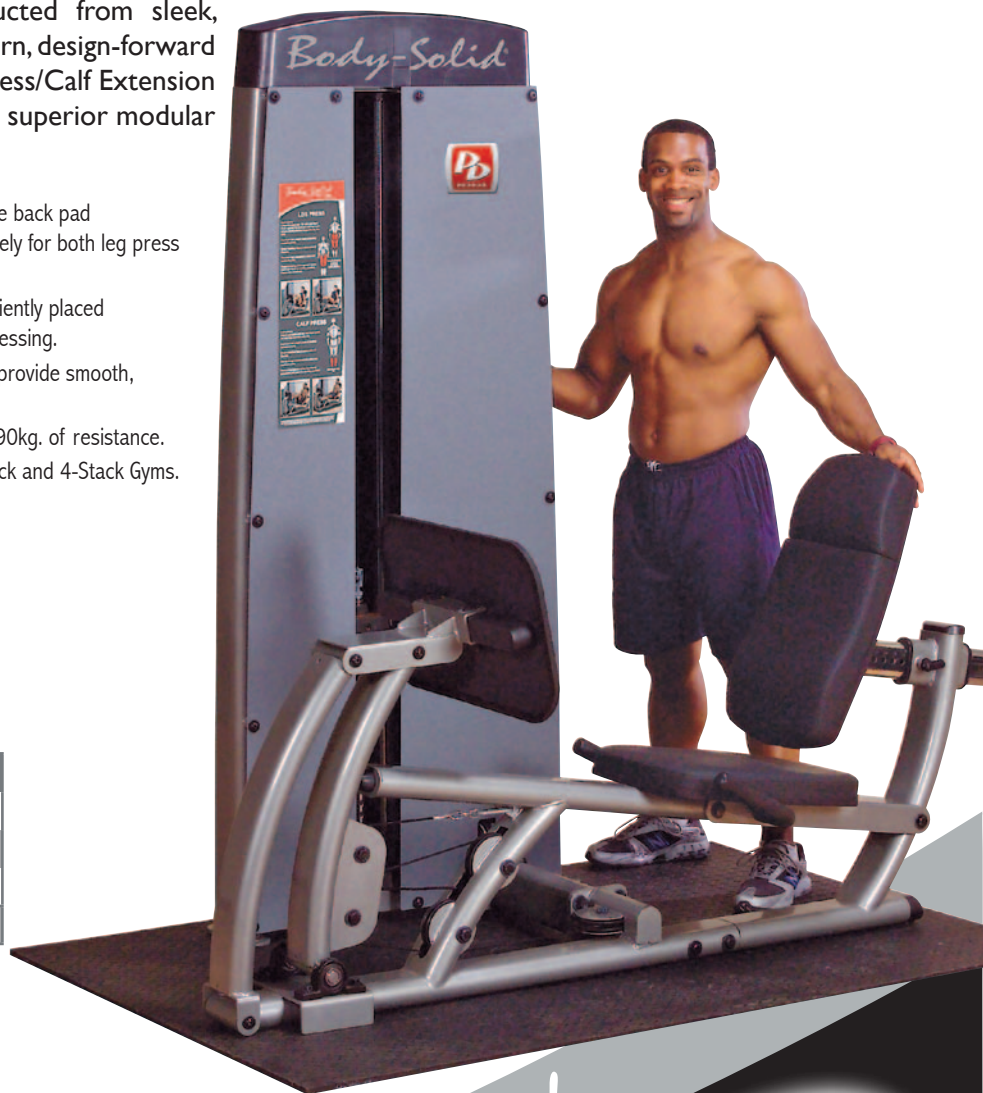
Get your glutes in gear for a superior workout

A proper leg workout not only strengthens the glutes, quadriceps, hamstrings and calves, it also works the cardiovascular systems and burns fat.

Body-Solid's Pro•Dual Leg Press/Calf Extension's advanced design reduces spinal compression while allowing full range of motion in a natural biomechanically efficient movement. The machine features pillow block and sealed ball bearings for precision alignment and friction-free motion. The fully adjustable DuraFirm™ back pad has an ergonomically designed 2-position press plate to provide users of every size with a complete leg and calf workout.

With gracefully curved frames constructed from sleek, power-coated tubing that exhibits a modern, design-forward aesthetic, the Body-Solid Pro•Dual Leg Press/Calf Extension builds form into function and value into a superior modular strength training system.

- Ergonomic recumbent seat with 12 position adjustable back pad accommodates users of all sizes comfortable and safely for both leg press and calf exercises.
- Wide rubber, matted non-skid press plate and conveniently placed handgrips provide added stability during maximum pressing.
- Four bar linkage and oversized pillow block bearings provide smooth, continuous movement throughout each exercise.
- 2:1 weight ratio with a 90kg. weight stack provides 190kg. of resistance.
- Works as a modular component on the ProDual 3-Stack and 4-Stack Gyms.



TECHNICAL SPECIFICATIONS

Usage	Commercial
Dimensions (cm)	199L x 104W x 196H
Weight Stack	90kg
Optional	136kg weight stack

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