Body-Solid
Built for Life

FEATURES

Angles and ergonomics are key for effective, efficient workouts of the quadriceps. Using a properly adjusted machine, a user will feel the muscles being worked as the exercise is performed.

Body-Solid's ProDual Leg Extension & Curl Machine's biomechanically accurate pivot point ensuresergonomically correct body positioning for natural and complete hamstring development.

An elliptical cam keeps the user's arc of movement smooth and provides variable resistance through a fullrange of motion. The recumbent DuraFirm™ back pad adjusts to fit any size user and eliminates lower back strain. The ProDual Leg Extension/Leg Curl Machine also features pop-pin adjustable footpads to assure proper alignment, while the adjustable thigh pads provide stabilization during exercise. Hold-down grips provide ultimate stability for a worry-free workout.

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

- Custom designed biomechanical seat with a 12-position adjustable back pad to properly align users of all sizes.
- Oversized 9" diameter self-adjusting leg pad provides comfort and proper alignment during both leg curls and leg extensions.
- Leg pad has 7 adjustments for both leg curls and leg extensions, providing a greater range of motion during either exercise.
- Pop-pin adjustable thigh hold-down pad comfortable secures user and helps provide support during exercise.
- Includes a 90k. weight stack with a 136kg weight stack option.
- Works as a modular component on the ProDual 3-Stack and 4-Stack Gyms.

TECHNICAL SPECIFICATIONS

Usage	Commercial
Dimensions (cm)	102L x 135W x 158H
Weight Stack	90kg
Optional	136kg weight stack

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