

Leg Extension - Prone Leg Curl

Model: ES-55A09YR

FEATURES

The Leg Extension / Prone Leg Curl embodies the core principles of the Essential Strength Line—durability, smooth performance, and intuitive movement. This dual-function unit allows users to effectively isolate and train the quadriceps and hamstrings, supporting balanced lower body development, strength gains, and muscle definition.

Designed for full-commercial environments, this machine provides smooth, controlled resistance and proper biomechanical alignment for both movements. Its efficient design makes it a valuable addition to any lower body training area, from athletic performance facilities to rehabilitation settings.

Key Features & Specifications:

•Commercial-Grade Frame Construction:

Main frame: 4.65" × 2.95" × 0.12" semi-elliptical steel tubing
Functional area: 4.72" × 1.97" × 0.12" flat oval tubing
Movement arms: 3.15" × 1.57" × 0.12" steel tubing
Joint sections: 3.94" × 1.97" × 0.12" flat oval tubing
All structural components utilize high-quality Q235 steel

•Smooth & Durable Performance:

Precision-engineered movement arms deliver smooth resistance for both leg extension and prone leg curl exercises
High-strength 7×19 strand cable system rated for up to 3,080 lbs ensures long-term durability and reliability

•Dual-Function Efficiency:

Combines leg extension and lying leg curl movements into one space-efficient machine
Supports balanced development of quadriceps and hamstrings

•Full Shroud Design:

Durable full shrouds constructed from 0.16" thick virgin ABS for enhanced safety and a clean, modern appearance

•Comfort-Driven Components:

High-resilience MC foam padding provides long-lasting comfort and support
Upholstered with premium-grade PU leather for durability and easy maintenance



SPECIFICATIONS

- Net Weight: 487lbs
- Gross Weight: 507lbs
- Footprint (L × W × H): 66.5" × 37.4" × 63.8"
- Weight Stack: 200lbs