

## Leg Extension - Seated Leg curl

**Model:** ES-55A12YR

### FEATURES

The Leg Extension / Seated Leg Curl embodies the core principles of the Essential Strength Line—durability, smooth performance, and intuitive movement. This dual-function unit is designed to effectively isolate and strengthen the quadriceps and hamstrings, providing a complete and balanced lower body training solution.

Engineered for full-commercial environments, this machine delivers smooth, controlled resistance with proper biomechanical alignment for both movements. Its user-friendly design allows for quick adjustments and seamless transitions, making it suitable for users of all fitness levels.

#### Key Features & Specifications:

##### •Commercial-Grade Frame Construction:

Main frame: 5.91" × 1.97" × 0.12" flat oval 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 provide a fluid, controlled range of motion for both leg extension and seated leg curl exercises  
High-strength 7×19 strand cable system rated for up to 3,080 lbs ensures long-term durability and consistent performance

##### •User-Focused Design:

Right-side weight selector allows for safe, quick, and convenient adjustments during training. Dual-function design enables seamless transition between quadriceps and hamstring exercises

##### •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 delivers long-lasting comfort and support  
Upholstered with premium-grade PU leather for durability and easy maintenance



### SPECIFICATIONS

- Net Weight: 529lbs
- Gross Weight: 611lbs
- Footprint (L × W × H): 52.8" × 45.7" × 64.0"
- Weight Stack: 175lbs