



Pro Series, Lying Leg Curl

SKU: **GG-PRO-118**

The Pro Series Lying Leg Curl is built to deliver focused hamstring engagement while maintaining spinal support and hip stability throughout the movement. Featuring quick weight adjustment and an easily repositioned roller pad, it ensures a smooth and comfortable training experience for users of all sizes.

Key Features

- Contoured hip and arm pads promote proper alignment and reduce lower back strain
- Adjustable roller pad and start position accommodate a wide range of users
- Clearly marked pivot point ensures correct positioning every time
- Selector pin system offers fast and simple resistance adjustment
- Ideal for isolating the hamstrings while reducing pressure on the spine

Technical Specifications

Weight	206.6 kg	Weight Stack	91 kg
Length / Depth	151 cm	Pin Select	Yes
Height	153 cm		
Width	115 cm		
Frame Weight	101.5 kg		

