



Platinum Series, Lying Leg Curl

SKU: **GG-PLAT-116**

Built to isolate the hamstrings with precision, the Platinum Series Lying Leg Curl delivers targeted training without stressing the spine. Its ergonomic lying position keeps users comfortable while ensuring maximum muscle engagement in a safe, controlled setup.

Key Features

- Hamstring-focused design for strength and injury prevention
- Low-profile 1492mm frame ideal for compact gym layouts
- 3mm electrostatic powder-coated steel tubing for commercial durability
- Anti-corrosion polished guide rods for smooth, consistent performance
- 3.2mm injection-moulded translucent shroud for impact resistance
- Ergonomic polyurethane handles and PU foam padding for comfort and stability
- Reliable cable and belt drive system extends service life
- Patented 3-linkage seat adjustment accommodates all users
- 5lb incremental weight stack supports steady progression
- Shielded moving components ensure user safety
- Complies with EN957 international safety standards

Technical Specifications

Weight	246 kg	Weight Stack	91 kg
Length / Depth	119 cm	Pin Select	Yes
Height	156 cm		
Width	144 cm		
Frame Weight	154 kg		

