



Perform Series, Seated Leg Curl

SKU: **GG-PERFORM-019**

Engineered for powerful hamstring training, the Perform Series Seated Leg Curl combines controlled resistance with biomechanically precise movement. Adjustable pads and an angled backrest keep users locked in for maximum muscle engagement and safe, efficient reps.

Key Features

- Targets hamstrings with smooth, controlled seated curls
- 3mm thick frame tubing delivers lasting strength
- Sturdy weight stack cage built from D-shaped and racetrack tubing
- Impact-resistant 3.2mm translucent ABS shrouds for protection
- High-density poly-foam pads with double stitching for comfort
- Self-lubricating American Loos™ cable rated for over 250,000 cycles
- Adjustable back, thigh and ankle pads ensure correct positioning
- Ergonomic TPV handlebars with aluminium stops for secure grip
- Precision pulley system with low-tolerance bearings for smooth motion
- Fully shielded components enhance user safety
- Integrated bottle holder for training convenience
- Meets EN957 safety certification standards



Technical Specifications

Weight	248 kg	Weight Stack	72.5 kg
Length / Depth	153.6 cm	Pin Select	Yes
Height	148.9 cm		
Width	118.7 cm		
Frame Weight	149.6 kg		

