



Perform Series, Lying Leg Curl

SKU: **GG-PERFORM-020**

The Perform Series Lying Leg Curl isolates the hamstrings with precise knee flexion for maximum engagement. Angled hip and forearm pads support correct spine alignment, reducing back strain, while the range-limiting device allows users to set a comfortable starting position.

Key Features

- 3mm thick tubing with D-shape and racetrack design provides strength and long-term stability
- 3.2mm translucent ABS shrouds add protection and impact resistance
- High-density poly-foam pads with reinforced double stitching for comfort and durability
- American Loos™ self-lubricating nylon-coated cable tested for over 250,000 cycles
- Convenient bottle holder integrated into the frame
- Adjustable ankle pad ensures a secure and comfortable fit
- Ergonomic TPV handlebars with aluminium ring stops for added control
- Fully shielded dynamic components for improved user safety
- Lathed pulley with precision bearings delivers smooth, consistent motion
- Certified to EN957 safety standards for peace of mind

Technical Specifications

Weight	240.1 kg
Length / Depth	144.3 cm
Height	150.6 cm
Width	114.6 cm
Frame Weight	131.5 kg

Weight Stack	91 kg
Pin Select	Yes

