







Pro Series Plate Loaded, Prone Leg Curl

SKU: **GG-PRO-PL-105**

Build stronger hamstrings and calves with the Pro Series Plate Loaded Prone Leg Curl. Designed for smooth, controlled motion, this machine delivers targeted lower body training with maximum comfort and safety.

Key Features

- Isolates hamstrings and calves for effective muscle development
- Weight pins allow quick plate loading and unloading
- Auxiliary handles keep movements stable throughout the exercise
- Adjustable foam ankle pad with multiple angle options for user comfort
- Protective barbell tube cover adds durability and reliability
- Limiting mechanism ensures user safety during training
- Smooth, consistent motion for controlled strength progression

Technical Specifications

Weight	81.5 kg	**Plate Loaded**	Yes
Length / Depth	162.3 cm		
Height	79.8 cm		
Width	162.3 cm		
Frame Weight	81.5 kg		
Start Weight	11.8 kg		
Loading Capacity	150 kg		