

## LEG PRESS (DOUBLE SIDED)

### **SPECIFICATIONS :**

#### Function:

- Train waist, abdomen joints and lower body, enhance their flexibility, leg power and cardiopulmonary function

#### Instructions:

- Sit on the seat plank tread onto the footboards and stretch the legs, hold a moment at the max stretch then release the stretch slowly. Repeat the actions

#### Specifications:

- Main pipe Dia: 127 mm
- Thickness: 3 mm
- Base plate Dia: 200 mm
- Thickness: 10 mm
- Powder coating
- Size: 2185x460x1700 mm

