BODY LINE
Inspiring Fitness

K CHAIR LEG EXTENSION/ LEG CURL

SPECIFICATIONS :

Function:

- Work muscles in the legs (quadriceps and hamstring)

Instruction:

- Extension: To perform leg extensions, sit upright on the chair and hold the side rails. Fix both the foot under the foot rails provided in the front. Lift the foot rails and extend till the leg is parallel to the ground.
- Curl: To perform a hamstring curl, stand in between the chair and the foot rail facing the chair. Hold the handle rail. Now using the backside of the ankle, lift the foot pedal, one leg at a time.
- Repeat 8-10 times for 3 sets.

Specifications:

- Main pipe Dia- 127 mm
- Thickness- 3 mm
- Base plate Dia- 200 mm
- Thickness- 10 mm
- Powder coating
- Size: 736x838x1168 mm

