

Seated Leg Curl

VS-S72



- ▶ Angled seat and unique pivot location for full hamstring contraction
- ▶ Tibia pad and range of motion adjustments are easily accessible from a seated position
- ▶ Back pad ratchets forward for easy adjustment from the seated position
- Adjustable thigh pad provides stabilization during exercise
- Incremental weight

ADJUSTMENTS

Color coded pivots & points of adjustment	Yes
Range of Motion Adjustments	Range of Motion, Knee Pad & Ankle Pad Adjustments

FRAME & CABLES

Frame color	Iced Silver
Frame finish	Proprietary two-coat powder process
Machine anchoring	Machine anchoring locations
Cable transmission	Internally lubricated cables & fittings

TECH SPECS

Product Weight	253 kg / 556 lbs.
Product Weight (Heavy Stack)	275 kg / 606 lbs.
Overall dimensions	176.9 x 113.3 x 167.1 cm / 69.7" x 44.6" x 65.8"
Rep counter machine usage tracking	Service mode tracks total machine reps and hours of use
Rep counter battery life	Approximately 3 years
Rep counter power supply	2 AA batteries

USER AMENITIES

Ratcheting Back Pad	Yes
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Personal storage	Bottle holder, storage area and towel holder (Towel Holder on Rep Counter Only)
Rep counter	Electronic counter displays reps, exercise time and rest time & provides towel holder hook
Rear placards	Color-coded machine identification & machine specific stretching
Front placards	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements
Placard color coding	Blue (lower body)

WEIGHT STACK

Incremental weight system	5 lbs (2.3 kg)
Weight plate increments	Heavy: 15 lbs (6.8 kg) & 10 lbs (4.5 kg); Standard: 10 lbs (4.5 kg)
Total stack weight	Heavy: 200 lbs (91 kg); Standard: 150 lbs (68 kg)
Consistent stack height	Yes
Weight stack guarding	Full front and rear shields