



## PLCE165X

### Powerline Leg Extension/Curl Machine

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*Leg Curl*

*Olympic Adapter Sleeve, weight plates and collar sold separately.*



#### **PLCE165X**

#### **Powerline Leg Extension/Curl Machine**

Training the lower body is crucial for balance, speed and coordination and the best exercises for developing the quadriceps and leg biceps are, without a doubt, the leg extension and leg curl. The machine is designed to allow the user to perform both of these exercise in their traditional upright and prone positions.

Weight post is 1" in diameter.

*Dimensions: 27"H x 62"L x 25"W*

#### ***Special Features***

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- Hold down grips on both back and thigh pads for support and stability
- Pads are extra-thick and double stitched for comfort and support
- Electrostatically applied powder coat finish
- Wide base eliminates rocking for a solid leg workout