



Versa Seated Leg Curl

Make toning and building major leg muscles more comfortable and efficient with our Versa Seated Leg Curl. It offers a full range of motion for leg extensions and hamstring curls, plus an angled seat and optimized pivot point to encourage full hamstring contraction. The comfort-enhancing thigh pad, back pad and tibia pad are all easily adjustable from a seated position.

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

WEIGHT STACK

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 (90 kg), Standard: 150 lbs (68 kg)
WEIGHT STACK GUARDING	Full front and rear shields
CONSISTENT STACK HEIGHT	Yes
INCREMENTAL WEIGHT SYSTEM	5 lbs (2.3 kg)

TECH SPECS

OVERALL DIMENSIONS (L X W X H)	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 POWER SUPPLY	2 AA batteries
REP COUNTER BATTERY LIFE	Approximately 3 years

ADJUSTMENTS

COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
RANGE OF MOTION ADJUSTMENTS	Range of Motion, Knee Pad & Ankle Pad Adjustments

FRAME & CABLES

MACHINE ANCHORING	Machine anchoring locations
CABLE TRANSMISSION	Internally lubricated cables & fittings
FRAME COLOR	Iced Silver
FRAME FINISH	Proprietary two-coat powder process

USER AMENITIES	
RATCHETING BACK PAD	Yes
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)
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