

# 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

Rep counter power supply	2 AA batteries
Rep counter battery life	Approximately 3 years
Rep counter machine usage tracking	Service mode tracks total machine reps and hours of use
Overall dimensions	176.9 x 113.3 x 167.1 cm / 69.7" x 44.6" x 65.8"

### TECH SPEC

Product Weight	261 kg / 575 lbs.
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### USER AMENITIES

Ratcheting Back Pad	Yes
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