

Technical Data Sheet

Leg Press

Device Description

Strengthens the thigh, calf, gluteal and lower abdominal muscles. Improves the bone and joint system of the lower limbs and the hip girdle.

Developed abilities: Fitness, Strength

Technical Specifications

Type: Strength equipment

Difficulty level: Medium

Recommended for: Users over 14 years of age and/or at least 140 cm tall

Maximum load: 150 kg

Height: 175 cm

Width: 65 cm

Length: 110 cm

Safety zone: 410 × 365 cm

Free fall height: 50 cm



Instructions for Use

Sit on the seat and place your feet on the footrests. Extend your legs by pushing against the device, then bend your knees again. Do not lock your knees.

Material Specification

- Supporting structure made of 88.9 × 3.6 mm steel pipes.
- Other tubular elements made of 48.3 × 3.2 mm, 42.4 × 3.2 mm and 33.7 × 2.9 mm steel pipes.
- Seats, backrests and footrests made of 3 mm thick steel sheet.
- Galvanized cap nuts protected against loosening; maintenance-free sealed bearings.
- All metal components are abrasive blasted, then powder-coated with a zinc primer and weather- and UV-resistant polyester powder coating.

Standard

The equipment complies with the requirements of PN-EN 16630:2015-06.

