

Product Datasheet

Leg Press



Device Description

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

Specifications

Type: Strength equipment

Difficulty level: Medium

Recommended for: Users aged 14+ and/or at least 140 cm tall

Maximum load: 150 kg

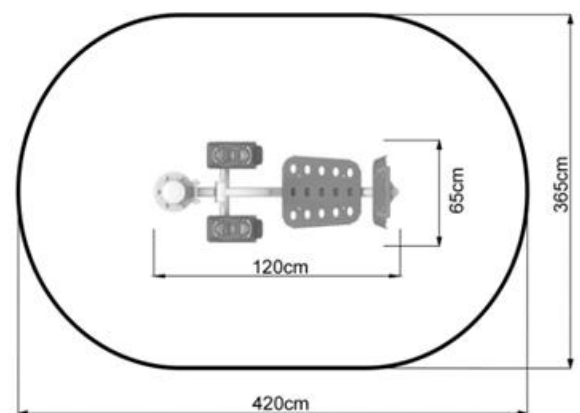
Height: 175 cm

Width: 65 cm

Length: 110 cm

Operating area: 410 × 365 cm

Free fall height: 50 cm



Exercise Instructions

Sit on the seat and place your feet on the footrests. Extend your legs by pushing yourself away from the equipment, then bend your knees to return to the starting position. Do not lock your knees.

Construction

- Load-bearing structure made of 88.9 × 3.6 mm steel tube.
- Additional steel tubes: 48.3 × 3.2 mm, 42.4 × 3.2 mm and 33.7 × 2.9 mm.
- Seats, backrests and footrests are made of 3 mm thick steel plate.
- Galvanized cap nuts protected against loosening and maintenance-free sealed bearings.
- All metal components are abrasive blasted and powder-coated with a zinc primer and weather- and UV-resistant polyester coating.
- Complies with PN-EN 16630:2015-06.