

LYING LEG CURL

The **Maximus Lying Leg Curl** is a premium commercial **hamstring isolation machine** engineered to deliver smooth, controlled, and biomechanically **precise knee flexion training**. Designed for optimal hamstring activation and user comfort, the machine promotes natural movement mechanics, consistent muscular tension, and enhanced exercise stability for effective lower body strength development.

✦ **Prone-position design** for focused hamstring isolation

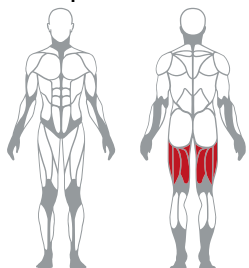
✦ **Physiological resistance curve** for natural movement mechanics

✦ **Counterbalanced lever system** for smoother movement initiation



✦ **Adjustable thrust roller** for customized positioning

✦ **Enhanced chest clearance padding** for improved comfort and breathing



Targets hamstrings including biceps femoris, semitendinosus, and semimembranosus

Dimensions (L x W x H): 1577 x 1153 x 882mm
Net Weight: 90kgs