

GCEC340

Cam Series Leg Extension & Curl

Body-Solid®
Built for Life



GCEC340

Cam Series Leg Extension & Curl

Leg workouts have never been so quick and efficient. The two most important leg exercises can now be performed from one comfortable position. The fully adjustable 7-gauge steel cam will easily accommodate any user. Just pull the jumbo pop pin and raise the lifting arm to a comfortable starting position, sit down and wrap your legs over the oversized 15.5" roller, then press down to perform seated leg curl exercises that will stretch and strengthen your glutes and hamstring muscles. Pull the pin again to lower the lifting arm and position your legs behind the oversized 15.5" roller to work the quadriceps muscles through a leg extension exercise.

Weight post is 1" diameter. Shown with optional Olympic Adapter Sleeve, weight plates and collars.

Weight: 79 lbs

Dimensions: 43"W x 45"L x 45"H

Special Features

- Thick, comfortable DuraFirm™ pads
- Fully adjustable 7-gauge steel cam will easily accommodate any user
- Easy-to-use pop-pin that allows adjustments to increase and control the user's range-of-motion
- Adjustable lifting arm can be positioned for exercising both the hamstring and quads
- Ideal for home and commercial use

Warranty



Frame & Welds Lifetime
Bushings and Hardware 3 Years
Pads, Cables and Grips 1 Year



Frame & Welds Lifetime
Bushings and Hardware Lifetime
Pads, Cables and Grips Lifetime