

What is a Leg Curl ?

Leg curl is a [strength training](#) exercise used for strengthening [hamstring](#) muscles. In [human anatomy](#), the **hamstring** refers to one of the three posterior thigh muscles, or to the [tendons](#) that make up the borders of the space behind the knee.

Leg Curl - Model LB/106



This machine , specifically designed to target the hamstrings offers the most effective exercise which targets this area. Built with a slight angle ensures no stress on the lower back.

Legend Industrial Gym Equipment Port Elizabeth.

- **Solid structural design**
- **60 mm by 2.5mm structural tubing.**
- **Weight stacks**
- **All popular designs**
- **Customized designs and requests welcomed.**
- **High density foam padding**
- **Powder coating or spray painted finishes.**

Our Contact Details:

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Delivery anywhere in South Africa.

[Leg Curl – Model LB/106 – Manufactured by Legend Gym Equipment](#)

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