

## **What is a Leg Extension ?**

The **leg extension** is a resistance weight training exercise that targets the [quadriceps](#) muscle in the legs. The exercise is done using a machine called the Leg Extension Machine. There are various manufacturers of these machines and each one is slightly different.

### **Leg Extension - Model LB/105**



**Specifically designed for the isolation of the front thigh muscle .**

**Can be used with both legs simultaneously or individually.  
Excellent for rehabilitation purposes.**

**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 Extension – Model LB/105 – Manufactured by Legend Gym Equipment](#)**

### **To Order:**

Please enter your contact details:

Fields marked with an asterisk must be filled in.

#### **1. Your billing/contact details**

First Name \* :

Last Name \* :

Address \* :

City \* :

Country \* :

Postal Code:

Phone \* :

Email \* :

**Please Email completed form to [desbatty@gmail.com](mailto:desbatty@gmail.com)**