

# Leg Curl FS-61

- Las 6 posiciones para ajustar el rodillo de sujeción de muslo y las 5 posiciones de respaldo permite el uso a una amplia gama de usuarios con una excelente biomecánica.
- El rodillo inferior es autoajustable ofreciendo un apoyo ideal en todo el rango de movimiento.

**PARAMOUNT.**

FS-61

## LEG CURL

- 1 Read all warning labels.
- If unit appears damaged or inoperable, do not try to use or fix.
- DO NOT use if weights are pinned in an elevated position. Seek staff assistance.
- Choose light resistance when using machine for first time and train at controlled speed.



STARTING



ENDING



## LEG CURL

- 1 Adjust back pad to a comfortable position to align knee with pivot point.
- 2 Place ankles comfortably on ankle pad.
- 3 Lower the thigh pad until it contacts your thighs. Grasp the handles.
- 4 Flex your legs downwards and back bringing the pad under the seat. To exit the machine - return weights to resting position then raise thigh pad. DO NOT attempt to exit machine with weights elevated.

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## Peso de Lingotera

De línea: 77 kg.

Opcional: 114 kg.



## DIMENSIONES

Profundidad: 160 cm

Ancho: 109 cm

Alto: 145 cm

