

## LC-LELC - PLATE LOADED LEG EXTENSION-LEG CURL



### PRODUCT FEATURES

The Legion LC-LELC Centurion Plate Loaded Leg Extension-Leg Curl is a dual-purpose bench, featuring a space-saving design to maximize floor space. The compact design minimizes bench length and places the weight horn closer to you. And, an adjustable cam provides the proper strength curve and permits multiple start positions while maintaining a proper strength curve for both exercises.

The Legion LC-LELC allows both seated leg extensions and prone leg curl exercises. You're able to isolate and strengthen your quadriceps with leg extensions. You can also work your hamstrings with prone leg curl exercises.

The adjustable foot roll accommodates various leg lengths, and the built-in handles provide additional support and stability while you're working out.

### PRODUCT SPECIFICATIONS

<b>Item Number:</b>	LC-LELC
<b>Dimensions:</b>	L 52" x W 44" x H 31" (L 132 x W 112 x H 79cm)
<b>Weight:</b>	155 lbs (70 kg)
<b>Maximum Weight:</b>	400 lbs (181 kg)
<b>Frame:</b>	11-gauge steel frame, Electrostatic Powder Coated Finish, Rubber Feet
<b>Application:</b>	Home to Full Commercial

### WARRANTY:

**10 years:** Frame  
**2 years:** Cables, Pulleys, Weight Plates, Bushings, & guide rods  
**90 days:** Upholstery, finish, pull pins, rubber grips, & all other parts