



The Leg Extension and Leg Curl machine offers versatile exercises that target opposing muscle groups – the quadriceps and hamstrings. Users can easily switch and adjust exercises without leaving their seated position, ensuring maximum convenience. The axis of rotation is optimized to provide a proper feel for both types of movements. Additionally, an integrated rep counter and top cap storage keep users motivated and engaged throughout their sets.

SPIRIT | 4Q

CSD-LELC LEG CURL / LEG EXTENSION

- Premium beveled pads with sport stitching
- 5lb increment weight for more variety
- Premium LOOS brand USA cables
- Low profile, modern design
- Large storage tray at top of tower
- 225lb weight stack

SPECIFICATIONS	
Performance	 225lb Weight Stack 5 lb Increment Weight 2 x 15 lb Top Plates 13 x 15 lb Plates Pulley Ratio 0.7 x Weight Extension, 0.5 x Weight Curl LOOS USA Cables Premium Beveled Edge Pads Sport Stitching
Convenience	 Rep/Time Counter Start/Finish Workout Diagrams Storage Trays (Top of Weight Tower) Easy-Adjust Seat Back
Frame	 Heavy Gauge Steel Frame Low Profile Design High-Quality Electrostatic Powder Coat Finish Fully Enclosed Weight Stack Steel Feet w/Rubber Foot Covers Max User Weight Capacity: 360 lbs
Dimensions and Weight	 Setup Dimensions: 55.4" x 54" x 62.2" Shipping Dimensions & Shipping Weight: Carton A: 55" x 24" x 5" - 19.8 lb Carton B: 60" x 23" x 10" - 92.6 lb Carton C: 47" x 40" x 13" - 330.7 lb Carton D: 39" x 7" x 22" - 20.9 lb Carton E: 21" x 20" x 11" - 219.7 lb
US Light Commercial Warranty	 10 Years Frame 5 Years Bushings, Bearings, Shocks, Pulleys, Guide Rods 1 Year Paint and Finishes, Cables, Grips, Counter/Timer, Pull-Pin Components, Rail Wheels, Attachments, All Other Parts Not Mentioned 6 Months Upholstery 1 Year Labor *Prisons and correctional facilities are excluded from warranty coverage.