



## Leg Curl/Extension Combo Inter Atletika XR111

The machine lets you do such exercises as Curl and Extension of your legs. This universal sports equipment combines the functionality of two training machines in one and helps you comprehensively improve your hips muscles.

The equipment is part of the XR line. Like other machines of this line, the XR111 has a futuristic design, which is the achievement of 50x100 mm tubes bent at different angles and coloured pieces on upholstery. The outstanding appearance of the XR111 and different accessories for the prevention of any noise make the machine a perfect choice for premium class gyms. The machine will serve you for a long time, due to powder coating by electrostatic spraying.

Two-layer foam rubber ensures reliable resistance from the shrink and deformation of a seat. It also makes it anatomically perfect for sitting on upholstery, which is made with high-quality PU leather. Gas springs in the seat adjustment ensure easy adjustment of the height.

The main muscle working in the exercises is the quadriceps, a large four-part muscle group.

To do a *Leg Extensions*, grab grips at the seat base and put your legs under the roller. Make extensions in your rhythm, but bend your legs back slowly to not let the machine go freely and preserve the tension in your thighs.

To perform *Leg Curls*, sit comfortably, take the grips, and place your legs between upper and lower pads, while your feet rest under lower ones. After that, start to pull it towards the lower back.

### Data sheet

Metal profile size, mm	100 x 50
Metal profile thickness, mm	2,7
Dimensions (L x W x H), mm	1260 x 1225 x 1572
Product weight, kg	271.8
Weight stack, kg	100
Maximum user weight, kg	150
Type of exercises	bending / unbending
Targeted muscles	legs
Upholstery	high-quality artificial leather
Filler	two-layer polyurethane foam (material is resistant to shrinkage and deformation)
Coating	powder paint coating by electrostatic spraying
Delivery condition	assembled
Weight stack protection	+

