



Leg Press

Description of materials	Metal construction, welded, blasted, galvanised (or metallised), with epoxy coating
Function	Strengthens the quadriceps, gluteal muscles and calf muscles. Improves the active stability of the knees and load-bearing capacity of the hips and ankles.
Usage	Sit with your back against the back rest of the seat. Cross your hands over your chest. Bend with the knees, making sure to keep your knees above your feet.

Type	OFS100308
Dim.	227 x 63 x 164 cm
Space	530 x 365 cm
Montage	50 x 50 x 70 cm, must be secured in position with concrete.
Weight	80 kg
Volume	0,8 m ³



Each piece of equipment has a specific sticker, detailing how to use the equipment in pictogram form and with a warning against improper use (size of the user).

Leg Press





Niet geschikt voor personen kleiner dan 1,40 meter
Les appareils de fitness sont utilisables pour toute personne mesurant au minimum 1,40 m.





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