

Nautilus One Seated Leg Curl

The **Nautilus One Seated Leg Curl** offers innovative design and technology, providing an effective and customizable workout experience. This machine combines biomechanically correct movements with user-friendly features for enhanced leg training.

Key Features:

- **Two Biomechanically Correct Movements:** Offers two distinct strength curves for targeted leg training.
- **Adjustable Range of Motion:** Customizable to individual user needs, allowing for a more personalized workout.
- **Weight Tower Position:** Provides user privacy and easy accessibility.
- **Patented Dial Weight Selection:** Includes 250 lbs (125 kg) standard dial weight stack with 5 lbs (2.5 kg) increments. Optional 1 lb (0.5 kg) increments available.

Specifications:

- **Product Dimensions:** 64" x 52" x 49" (L x W x H)
- **Product Weight:** 855 lbs (388 kg)
- **Weight Stack:** 255 lbs (125 kg)

Warranty:

- **10 Years:** Frame components and welds (excluding coatings)
- **5 Years:** Bronze bushings, sealed rotating bearings, pulleys, weight plates, and guide rods (excluding coatings)
- **1 Year:** Cables, linear bearings, shafts, and other components not mentioned elsewhere
- **90 Days:** Normal wear parts, including labels, upholstered pads, and grips
- **1 Year:** Labor

True Fitness Force SD-1000 Leg Extension/Leg Curl

The TRUE FORCE Leg Extension/Leg Curl machine has revolutionized the ability to transition from extension to curl exercises. Like the rest of the FORCE Series, all adjustments for both exercises are clearly labeled to provide users with extreme ease of use.

Key Features:

- **Multi-Position Contoured Back Pad:** Features lumbar support wings and an integrated head pad, with a one-way ratchet for easy adjustment.
- **Three Starting Positions:** Allows users to select the best range of motion for both Leg Extension and Leg Curl exercises.
- **4-Position Adjustable Ankle Pad:** Easily adjusts to accommodate a wide range of users.
- **Fixed Shin Pad:** Provides stability during the Leg Curl exercise and eliminates the need for additional adjustments, enhancing comfort and performance.

Specifications:

- **Footprint:** 57.5" x 47.5" x 57" (146 cm x 121 cm x 145 cm)
- **Machine Weight:**
 - Standard: 517 lbs (234 kg)
 - Heavy: 597 lbs (271 kg)

Warranty:

- **10 Years:** Frames, welds, cams, and weight plates
- **5 Years:** Bushings, pivot bearings, gas-shocks, pulleys, and guide rods
- **1 Year:** Cables, rubber grips
- **6 Months:** Upholstery, hardware, and all other parts not mentioned

Color Options:

- **Powder Coat Finish:** Matte black
- **Vinyl Seat Color:** Black
- **Frame Color Options:** Custom colors available (contact for more information)

This machine offers an efficient, adjustable, and user-friendly solution for leg training, ensuring ease of use and long-lasting durability.

True Fitness Fuse-0200 Seated Leg Curl

The **True Fitness Fuse-0200 Seated Leg Curl** machine is designed to provide a comfortable, effective, and adjustable workout experience for a wide range of users. With multiple adjustment options for the seat, thigh, ankle, and back pads, it offers a precise fit and enhances user comfort during exercises.

Key Features:

- **Seven Position Start Range Limiter:** Allows users to customize the starting range for leg curls.
- **Multiple Adjustable Pads:** Includes adjustable thigh, ankle, and back pads, providing comfort and a precise fit for various body types.
- **Five-Position Seat:** Uses a four-bar linkage with gas cylinder assist for easy and smooth adjustments.
- **Ergonomically Located Handles:** With contoured grips to provide proper support and stability during use.

Specifications:

- **Footprint:** 49" x 57" x 58" (125 cm x 145 cm x 147 cm)
- **Machine Weight:**
 - Standard: 457 lbs (207 kg)
 - Heavy: 537 lbs (244 kg)
- **Weight Stack Options:**
 - 170 lbs (77 kg)
 - 250 lbs (113 kg)

Warranty:

- **10 Years:** Frame components and welds excluding coatings
- **5 Years:** Bronze bushings, sealed rotating bearings, pulleys, weight plates, and guide rods excluding coatings
- **1 Year:** Labor, cables, linear bearings and shafts, and all other components not mentioned elsewhere in this warranty
- **90 Days:** Normal wear parts including labels, upholstered pads, and grips

Color Options:

- **Powder Coat Finish:** Matte black (custom color options available)
- **Upholstery:** Available in a wide range of colors (contact for more information)

User Amenities:

- **Height Adjustment Guide**
- **Step-by-Step Exercise Chart** with easy-to-follow user instructions
- **4-Bar Linkage Seat Adjustments** with gas cylinder assist
- **Accessory Tray** with cup holder
- **Integrated Towel Holder**

Nautilus Impact Lying Leg Curl

The Nautilus Impact Lying Leg Curl combines proven biomechanics and innovative features to deliver an effective and user-friendly leg curl experience. Designed to provide optimal progression, comfort, and ease of use, this machine is ideal for isolating the hamstrings while maintaining durable construction for long-lasting performance.

Key Features:

- **User-Friendly Weight Stack Selection:** Simplifies weight selection with a 5 lb incremental system for smooth, optimal progression.
- **Ratcheting Seat Adjustment:** Ensures precise positioning for maximum comfort and effective leg curl engagement.
- **Rounded Lumbar Extension Pad:** Provides lumbar support throughout the exercise.
- **Gravity-Assisted Positioning:** Makes it easier to get into the correct position for exercises.
- **Lock N Load® Weight Selection System:** The intuitive system allows you to quickly engage and disengage weights with a color-coded switch, eliminating the need for pins and reducing maintenance.
- **Pre-Stretch, Start Assist, and Range of Motion Selection:** Customizes the movement for a more effective workout.

Specifications:

- **Dimensions:** 63 in (160 cm) L x 72 in (183 cm) W x 97 in (246 cm) H
- **Weight Stack:** 180 lbs (90 kg)
- **Overall Weight:** 516 lbs (234 kg)
- **Shipping Weight:** 589 lbs (267 kg)

Warranty:

- **Residential:** 10-year limited warranty on the structural frame (excluding coatings), 5 years on major mechanical components (guide rods, plates, bearings, etc.), 3 years on minor components (plate switches, cables, grips), 90 days on upholstery, 3 years on labor.

- **Light Commercial (Non-Paying Dues Facilities):** Same warranty as residential.
- **Commercial (Paying Dues Facilities):** 10-year limited warranty on the frame (excluding coatings), 5 years on major components, 1 year on minor components, 90 days on upholstery, 1 year on labor.

Customization Options:

- **Frame Color, Upholstery, and Logo/Branding:** Contact for customization options.

Hoist Fitness HD-3400 Dual Leg Extension/Leg Curl

The Hoist Fitness HD-3400 Dual Leg Extension/Leg Curl machine is part of the expanded HOIST HD Dual Series, designed for fitness facilities that need to maximize space while maintaining high-quality equipment. With its durable construction, ergonomic features, and versatile functionality, this machine is perfect for a variety of fitness centers, offering two essential exercises in one compact design.

Key Features:

- **Dual Functionality:** Combines leg extension and leg curl exercises in a single machine, saving space and enhancing the workout experience.
- **Self-Aligning Roller Pad:** Automatically adjusts to reduce potential stress on the ankle joints, ensuring a more comfortable and efficient workout.
- **Eight Back Pad Adjustments:** Provides flexibility for varying leg lengths, accommodating users of different sizes.
- **Multiple Range-of-Motion Adjustments:** Allows users to customize both leg extension and leg curl exercises for optimal results.
- **Weight Stack:**
 - Standard Weight: 215 lbs (98 kg)
 - Heavy Stack Option: 240 lbs (109 kg)

Specifications:

- **Dimensions:** 61 in (155 cm) L x 55 in (140 cm) W x 51 in (130 cm) H
- **Machine Weight:**
 - Standard: 566 lbs (257 kg)
 - Heavy Stack Option: 591 lbs (268 kg)

Warranty:

- **HOIST® offers an industry-leading warranty for the HD-3400, providing peace of mind with coverage for defects in workmanship or materials under normal use. (Details available on request for full warranty terms.)**

Benefits:

- **Space-Saving:** Ideal for fitness centers with limited space, combining two key exercises into one machine.
- **Superior Biomechanics:** Designed to provide a comfortable and efficient workout, ensuring minimal stress on the joints while maximizing results.
- **Durability:** Built to last with high-quality components, making it a reliable choice for long-term use.

True Fitness Fuse-1800 Horizontal Leg Curl Machine

The True Fitness Fuse-1800 Horizontal Leg Curl Machine is designed to provide users with a comfortable and effective lower body workout. With a focus on proper alignment, ease of use, and durability, this machine is an excellent addition to any fitness facility looking to target the hamstrings and lower body muscles.

Key Features:

- **Angled Chest and Thigh Pads:** Set at a 15° angle, these pads reduce lower back stress and provide optimal alignment during exercise movements, improving comfort and effectiveness.
- **Adjustable Ankle Pad:** With five positions to accommodate a wide range of users, the ankle pad ensures a secure fit for different body types.
- **Heavy-Duty Pivot Arm Assembly:** The sealed bearings and off-set pivot arm provide smooth operation and easy entry/exit, making the machine accessible for all users.
- **Ergonomic Handles:** Contoured grips are strategically placed for added support and comfort during exercises.

Specifications:

- **Dimensions:** 62" L x 40" W x 57" H (158 cm x 102 cm x 145 cm)
- **Machine Weight:**
 - Standard: 396 lbs (180 kg)
 - With Heavy Stack: 476 lbs (216 kg)
- **Weight Stack Options:**
 - 170 lbs (77 kg)
 - 250 lbs (113 kg)

Warranty:

- **10 Years:** Frame components and welds (excluding coatings)
- **5 Years:** Bronze bushings, sealed rotating bearings, pulleys, weight plates, and guide rods (excluding coatings)
- **1 Year:** Labor, cables, linear bearings, shafts, and all other components not mentioned elsewhere in the warranty
- **90 Days:** Normal wear parts including labels, upholstered pads, and grips

Color Options:

- Powder coat finish available in matte black with custom color options.
- Upholstery available in a wide range of colors. Contact your sales representative for more information.

User Amenities:

- **Step-by-step Exercise Chart with easy-to-follow instructions**
- **Accessory Tray with Cup Holder for added convenience**
- **Integrated Towel Holder for easy access during workout**