

# PLCE165X Leg Curl & Extension

**POWERLINE** USA<sup>®</sup>  
*by Body-Solid*



## **PLCE165X** **Leg Curl & Extension**

Training the lower body is crucial for balance, speed and coordination and the best exercises for developing the Hamstrings and Quadriceps are, without a doubt, the leg curl and leg extension. The Powerline PLCE165X Leg Curl & Extension machine is designed to allow the user to perform both of these exercises in their traditional prone and upright positions.

Weight post is 1" dia. weight plates and collar optional.

Weight: 44 lbs  
Dimensions: 62"L x 25"W x 27"H

## **Special Features**

- Exercise in both upright and prone positions
- Hold down grips for both exercises
- Pads are extra-thick and double stitched
- 2" x 2" heavy-gauge steel construction
- Electrostatically applied powder coat finish
- Weight post is 1" diameter

## **Warranty**

Frame & Welds .....10 Years  
Bushings and Hardware .....1 Year  
Pads, Grips, Cables and Pulleys .....1 Year