



Prone Leg Curl

VST600-S73

Ideal for strengthening calf and hamstring muscles, our selectorized prone leg curl station is tougher than you can imagine and more comfortable than you'd expect. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to sit down and start refining their hamstring and calf muscles.



User Amenities

Placard Color Coding	Green (lower body)
Instructional Placards	Muscle call outs, start and finish exercise illustrations
Contoured seat	Yes

Weight Stack

Total Stack Weight	100 kg / 220 lbs.
Weight Plate Increments	6.8 kg / 15 lbs.
Consistent Stack Height	Yes
Weight Stack Guarding	Full front and rear shields

Adjustments

User Adjustment Range	6 positions
Color-coded Pivots & Points of Adjustment	Yes

Frame & Cables

Frame Finish	Proprietary two-coat powder process
Frame Color	Matte Black
Machine Anchoring	4 anchoring locations
Cable Transmission	Internally lubricated cables and fittings

Tech Specs

Overall Dimensions	149.5 x 96.5 x 170.5 cm / 58.9" x 38.0" x 67.1"
Product Weight	197.5 kg / 435 lbs.