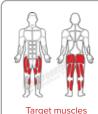


LEG EXTENSION & CURL(ADJUSTABLE RESISTANCE)

bidirectional resistance

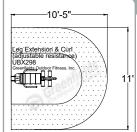


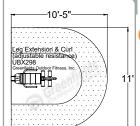


Secondary muscles

Strengthens:

- Glutes
- Leg muscles







The Greenfields Advantage - this unit incorporates Safe-Stop technology for a workout that's smooth and hazard-free



VIEW THE VIDEO

http://gfoutdoorfitness.com/adjustableleg-extension-and-curl-video/



