

Lying Leg Curl

Nautilus Leverage Lying Leg Curl: Build the Hamstrings That Drive Speed, Power, and Performance. The Nautilus Leverage Lying Leg Curl targets the hamstrings through knee flexion, building the posterior chain strength that drives sprint speed, jumping ability, and agility while supporting the deceleration and change of direction that define athletic performance at every level. Following the Nautilus strength curve from deep pre-stretch through full contraction, center post linkage drives even bilateral movement and true unilateral training, serving every member with equal precision.



PRODUCT DIMENSIONS	
Width	55 in (139 cm)
Length	73 in (186 cm)
Height	35 in (87 cm)
Overall weight	302 lbs (137 kg)
ADJUSTMENTS & MOVEMENTS	
User defined range of motion	Yes, fixed arc path
Assisted adjustments	Adjustable rear roller pads for height adjustment
Color coded pivot points and adjustments	Yes
FRAME SPECIFICATIONS & CABLE INFORMATION	
Standard frame color options	Matte Black (-60)
Standard upholstery color options	Black
Frame finish	Electrostatic Powder coating
Customizable paint options available	Yes with additional fees and extended lead times
Customizable upholstery options available	Yes with additional fees and extended lead times
Bolt down locations defined	Yes
Integrated leveling system	No, rubber feet for floor protection
Hardware type	Hex / Button Head
Tubbing style & thickness	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga
USER SPECIFIC INFORMATION	
Static placards	Yes
Multi-language placards options available	Yes
Animated lenticular	No
Safety catch & stops	Single, auto safety stop with open side angle for entry and exit
Water Bottle Holder	No
Phone holder	No
Grip specifications	Rubber, smaller grips.
Contoured pads	Yes
WEIGHT STACK SPECIFICATIONS	
Plate loaded	20 lbs (9 kg) starting weight
Weight storage solution	Integrated Olympic plate storage
Add-on resistance available	360 lb (164 kg) max load capacity
SKUS	

9NP3-L3008