



Kneeling Leg Curl

Keystone | VST700-PL74

Help dedicated strength training enthusiasts target their hamstrings and glutes with the independent motions and quick leg-switching functionality of our kneeling leg curl station. It's been tested to withstand over a million reps, more than four times the industry standard, and refined ergonomics keep even the most intense sets comfortable. Best of all, our ultra-stable design is as easy-to-use as it is low-maintenance.



Frame

Frame Color	Matte Black
Frame Finish	Proprietary two-coat powder process
Frame Construction	Heavy duty commercial steel frame tubing, robotically welded

Tech Specs

Overall Dimensions	159.3 x 123 x 127.4 cm / 62.7" x 48.4" x 50.2"
Product Weight	113 kg / 249 lbs.
Max User Weight	150 kg / 331 lbs.
Max Training Weight	200 kg / 441 lbs.
Starting Resistance	5 kg / 11 lbs. per leg

User Amenities	
Instructional Placards	Muscle call outs, start and finish exercise illustrations, QR code link to how-to videos
Upholstery	Polyurethane molded foam
Elastic Band Peg	Allow elastic resistance training
Knee Pad Adjustment	Flippable knee stabilization pad adjustment
Weight-storage horns	No