



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.

Product availability may vary by region. Please contact your [local office](#) for more information.



Weight Stack

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

Tech Specs

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

Frame & Cables	
Cable Transmission	Internally lubricated cables and fittings
Machine Anchoring	4 anchoring locations
Frame Color	Matte Black
Frame Finish	Proprietary two-coat powder process
Adjustments	
Color-coded Pivots & Points of Adjustment	Yes
User Adjustment Range	6 positions
User Amenities	
Contoured seat	Yes
Instructional Placards	Muscle call outs, start and finish exercise illustrations
Placard Color Coding	Green (lower body)