

#### **SA SELECTORIZED SERIES**

## **SA037 - LEG CURL/EXTENSION**



## PRODUCT OVERVIEW

The SAO37 is a dual-function selectorized strength machine specifically designed to train the quadriceps and hamstrings through seated leg extension and curl movements. Engineered with a solid frame and high adaptability, it accommodates users with varying physiques and flexibility levels, making it ideal for comprehensive lower-body strength development.

The seat area features a wide cushion and an independent thigh pad for enhanced comfort and stability. The 4+1 position thigh hold-down pad is tailored for different training scenarios: it provides firm leg support during leg curls and folds away during leg extensions to avoid obstructing the movement. Integrated upper-body support handles help maintain proper posture and improve movement control.

The 4+3 angle-adjustable movement arm system accommodates users with various knee mobility ranges, ensuring optimal starting positions and complete movement paths. The 4-position adjustable shin pad adapts to different leg lengths, reducing ankle pressure for greater comfort and safety. The 8-position adjustable backrest aligns the user's knee joint precisely with the machine's pivot point, ensuring biomechanical alignment between muscle effort and equipment motion.

Dual side handles further stabilize the upper body during heavy training sessions, helping users stay focused and maintain correct form throughout the movement.



### **SPECIFICATIONS & KEY FEATURES**

## Specifications

Dimension:	1101*1385*1566mm
Total Weight:	271kg
Weight Stack:	100kg
Max Weight Stack:	125kg







### | Product Features



# Supportive Leg Pad with Integrated Grips

Provides solid thigh support during leg curl exercises and can be retracted during leg extension movements to avoid interference. The integrated grips help stabilize the upper body for improved form and control.



# Adjustable Arm for Precise Starting Position

The training arm offers a 4+3 position adjustment range, accommodating users with varying flexibility and knee joint mobility. This ensures an optimal starting angle and full motion range for both exercises.



#### Calf Pad Adaptability for Enhanced Comfort

The 4-position adjustable lower leg pad adapts to different calf lengths, reducing pressure on the ankles and improving training comfort and safety.



#### Backrest Adjustment for Natural Power Path

The 8-position adjustable backrest aligns precisely with the user's knee joint and the machine's pivot point, promoting a natural and effective movement path.



## Wide Seat with Dual Stability Handles

The oversized seat and side stability handles provide secure body support, preventing unnecessary movement and enhancing control and power output throughout the exercise.