

INDIVIDUAL PRODUCT DETAILS

AE8016 Seated Leg Press



1. Identity Card

Model	AE8016
English Name	Seated Leg Press
Primary Muscle	Quadriceps, Gluteus Maximus
Secondary Muscles	Hamstrings, Adductors

One-line Pitch

"Maximizing floor efficiency via mirrored layout, while delivering a comprehensive leg training core through an oversized footplate and multi-position adjustments."

2. Product Overview

The **AE8016** is a selectorized strength machine specifically engineered for lower body muscle training. Featuring precision aesthetics and compact, sculpted lines, it delivers dual efficiency in space utilization and training intensity. The robust structure combined with flexible adjustments makes it suitable for users of all body types and flexibility levels. The ergonomic backrest, featuring a 13-position precision adjustment system, accommodates various heights and leg lengths, allowing users to align perfectly with the force path for enhanced performance and comfort while facilitating easy entry and exit. The oversized seat cushion with an innovative curved-edge design prevents leg discomfort during mounting, significantly improving the user experience. Dual auxiliary grips further stabilize the torso, enhancing both safety and training results. An extra-wide anti-slip footplate supports multiple foot placements and stance widths, fully activating the quadriceps, glutes, hamstrings, and adductors, making it the ideal choice for high-intensity leg training.

3. Key Features



13-Position Adjustable Backrest

Accommodates various leg lengths and heights, ensuring optimal spinal support while aligning precisely with the best force angles.



Oversized Ergonomic Curved-Edge Seat

The curved-edge design minimizes leg pressure during mounting and dismounting, providing stable support and a premium user experience.



Extra-Wide Anti-Slip Footplate

Accommodates diverse foot placements and stance widths, allowing trainers to target specific muscle groups through varying foot positions.



Dual Stability Auxiliary Grips

Assists users in securing the torso during heavy lifts, preventing pelvic shift and ensuring force is accurately channeled to target muscles.

4. Main Parameters

Functional	Single Function
Dimensions (L × W × H)	1930×1060×1529mm 76"×42"×60"
Net Weight	210kg/463lbs
Weight Stack Options	147.5kg/325lbs
Maximum Weight Stack	147.5kg/325lbs
Maximum body weight	150kg/331lbs
Machine pulley ratio	1:1
Main Frame Tubing	J50×150×3.0mm