

## INDIVIDUAL PRODUCT DETAILS

### AE8015 Prone Leg Curl



#### 1. Identity Card

Model AE8015

English Name Prone Leg Curl

Primary Muscle Hamstrings

Secondary Muscles Gastrocnemius

#### One-line Pitch

"Maximizing floor efficiency via mirrored layout, while achieving peak hamstring isolation through precise biomechanical angles."

## 2. Product Overview

The **AE8015** is a selectorized strength machine specifically engineered for hamstring training. Featuring precision aesthetics and compact, sculpted lines, it delivers dual efficiency in space utilization and training intensity. The oversized thigh pads accommodate various leg sizes, providing stable support, while the precisely calculated angle between the body and thigh pads reduces gluteal involvement in the prone hip-flexion position, enhancing muscle isolation. Grips are positioned for ergonomic comfort, ensuring body stability during intense sets. The machine offers a 6-position adjustment for the motion arm to accommodate different knee ranges of motion and a 7-position adjustment for the lower leg roller, which minimizes ankle pressure and maximizes overall safety and comfort.

### 3. Key Features



#### Precision Motion Arm Adjustment

Features a 6-position adjustment to suit various flexibility levels and knee ranges of motion, ensuring a proper starting point and full range of movement.



#### Adjustable Lower Leg Roller

Offers 7 adjustment levels to fit different leg lengths, minimizing ankle strain and enhancing comfort during exercise.



#### Stable Support & Efficient Force Output

Oversized pads provide excellent torso support to prevent shifting, with angles specifically designed to increase control and muscle isolation.



#### Ergonomic Grip Design

Optimized grip angles help users stabilize the upper body during heavy sets, ensuring maximum force transfer to the hamstrings.

## 4. Main Parameters

Functional	Single Function
Dimensions (L × W × H)	1682×1230×1529mm 66"×48"×60"
Total Weight	259kg/571lbs
Weight Stack Options	105kg/231lbs
Maximum Weight Stack	117.5kg/259lbs
Maximum body weight	150kg/331lbs
Machine pulley ratio	1:1
Main Frame Tubing	J50×150×3.0mm
Arm Tubing	Φ60×3.0mm