

Kneeling Leg Curl

The Nautilus Impact Kneeling Leg Curl targets the hamstrings while keeping the hips extended, reducing lower back strain and maximizing posterior chain engagement. This unique position builds strength through a natural movement pattern that translates to improved athletic performance. With a 1:1 weight ratio and Lock N Load® system, it delivers consistent, joint-friendly resistance in a space-efficient design.



FEATURES	
Width	44 in (112 cm)
Length	51 IN (130 cm)
Height	60 in (152 cm)
Overall Weight	434 lb (197 kg)
Shipping weight	505 lb (229 kg)
ADJUSTMENTS AND MOVEMENTS	
User defined range of motion	Fixed path
Assisted adjustments	SKU Dependent, Gravity assisted positioning, adjustable seat with "easy up" ratcheting adjustment
Color coded pivot points and adjustments	Yes on all units
Unilateral or bilateral movement	Unilateral
Converging or diverging movements	N/A
Pulley ratio	1:1
FRAME SPECIFICATIONS & CABLE INFORMATION	
Standard frame color options	60 Black
Standard upholstery color options	Black
Frame finish	Electrostatic Powder coating
Customizable paint, upholstery, branding options available	Yes with additional fees and extended lead times
Bolt down locations defined	Yes
Integrated leveling system	No, rubber feet for floor protection
Hardware type	Hex / Button Head
Tubing thickness	11 ga
USER SPECIFIC INFORMATION	
Static placards	Yes, simple and intuitive placard
Multi-language placards options available	Yes
Range of Motion Stops	Yes
Grip specifications	Rubber, large grips for pushing, smaller grips for pulling.
Contoured pads	Yes, contoured back pads on select machines
WEIGHT STACK SPECIFICATIONS	
Total stack weight	130 lbs (65 kg)
Incremental weight system	5 lb incremental weight system for optimal progression
Lock N Load® Technology	Our Patented Lock N Load weight stack system uses intuitive, color-coded switches to safely engage weights with a simple flick—no pins to lose, no maintenance required.
Add-on resistance available	Yes, 5lb incremental
Weight stack shroud specifications	Inside and outside steel shrouds, clear windows on both sides
SKUS	

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