



Leverage Horizontal Leg Press

SKU: EL-PL44

Product Images



Short Description

The **Elite Series Horizontal Leg Press** offers an exceptionally efficient and safe leg workout. Designed to minimise spinal compression and reduce knee pressure, this lever leg press maximises thigh and glute muscle activation with its smooth, natural movement. With a seat adjustable in 12 levels, it accommodates users of all heights, providing a personalised and ergonomic experience. The wide, non-slip platform ensures a stable base, while the adjustable safety mechanism controls the range of motion, making every workout safe and effective.

Description

Why should you buy the Leverage Horizontal Leg Press from Titanium Strength?

LEVER SYSTEM THAT MIMICS NATURAL BIOMECHANICS

The lever system of this leg press is designed to align with the body's natural biomechanics, ensuring a smoother and more effective movement during workouts. This feature not only enhances exercise efficiency but also maximises thigh and glute muscle activation, delivering superior results.

MULTI-POSITION ADJUSTABLE SEAT

The seat, adjustable in 12 levels, offers exceptional comfort and personalisation, accommodating users of all heights. This design allows each individual to find the perfect position, enhancing overall workout effectiveness and ensuring an ergonomic and comfortable experience.

ADJUSTABLE SAFETY MECHANISM

The adjustable safety mechanism allows users to control the range of motion, providing a safe workout tailored to individual preferences and fitness levels. This feature is particularly useful for those in rehabilitation or with flexibility limitations, ensuring each repetition is safe and efficient.

ENHANCED MUSCLE DEVELOPMENT

The unique press angle of the **Elite Series Horizontal Leg Press** increases hip flexion compared to traditional linear leg presses, emphasising the glute muscles. This innovative design ensures greater engagement of key muscle groups, providing a more targeted and effective lower body workout.

SPECIFICATIONS

- **Use:** Commercial
- **Maximum Load:** 250 kg
- **Compatible with:** Olympic Discs
- **Adjustments:**
 - **Seat:** 12 positions
 - **Range of Motion:** 3 positions
- Wide, non-slip foot platform
- High-quality, heavy-duty steel frame
- **Dimensions:** 210 cm (length) x 159 cm (width) x 142 cm (height)

About Titanium Strength:

Leading brand in the sale of equipment and machines for strength and cardio training.

Additional Information

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| Use | Commercial |
| Colour | Black |
| Manufacturer | Titanium Strength |
| Weight (kg) | 275.000000 |
| Width cms. | 159 |
| Height cms. | 142 |
| Large cms. | 210 |
| Body Part | Legs, Glute |
| Disc diameter (mm) | 50 |
| Max Load (kg) | 250 |
| Product Line | Elite Series |