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Leg Raise



SKU: HOLYLAND-8013

Leg Raise HOLYLAND-8013 has a large, spherical back pad to ensure optimal stabilization. Signature Series premium benches and racks seamlessly integrate with other pieces of the line to complete a family of high-quality strength training products.

Leg Raise Key Features Unique back pad support provides optimal stabilization throughout the range of motion Handles and foot platforms ensure easy start position for users of all sizes

The durability and sleek styling of Ntaifitness bring you the Leg Raise Chair, the free weight machine that combines a natural leg motion with an intense abdominal workout. Get the intensity of a selectorized or plate-loaded machine in a simpler form.

This durable machine will withstand the impact of commercial or home use and bring you effective workouts for years to come. Thanks to a slightly reclined position and angled elbow rests.

Start positioning yourself in the machine with your forearms on the support pads. Grasp the handles and lift yourself into position with your back against the back pad and your legs hanging, fully extended. Steady yourself. Do not swing.

Use the muscles of your lower abs to pull your hips up as you curl them toward your chest. Lift your legs, keeping your knees straight until they are parallel to the floor. Pause and feel the contraction in your lower abdominal muscles. Then return to the starting position. Make sure to steady yourself before every repetition. Do not swing your legs for momentum.

Plate Loaded AB Machine



SKU: HOLYLAND-8112

Product Features

- Seat pad can be locked in place or unlocked for pivoting movement
- Logo Decals Provide your company logo and Ntaifitness will develop custom logo decals that are placed under the instructional placards on the machine
- Maximizes space planning
- Pivoting seat pad provides multiple abdominal exercises and results in greater activation of the core musculature
- Starts the body in an upright posture with exercise handles overhead to pre-stretch the abdominal muscles
- Rocking movement lowers the hips to increase the involvement of the abdominal muscles to produce trunk flexion
- Designed to offer constant lumbar, thoracic and cervical support to avoid hyperextension or unnatural loading of the spine
- Avoids excessive hip flexion unlike traditional abdominal machines

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