

LW-TWS141 Leg Extension / Leg Curl

Product Description LW-TWS141:

- Leg Extension: Quadriceps, Vastus Lateralis, Vastus Medialis, Rectus Femoris, Sartorius, Tensor Fasciae Latae
- Leg Curl: Hamstrings, Iliotibial Band, Bicep Femoris, Semitendinosus, Gastrocnemius
- Feature: Change your workout mode and adjust your position by using the spring loaded pull pins

