

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 | |

9NA-S1311