

PRODUCT INFORMATION

Volume 1

January 2013

Plate Loaded Kneeling Leg Curl

Product Number: 16310

List Price: \$2295

- Replaces the 5240
- Available for production beginning 2.18.2013.
- Cable and cam design provides for an accurate resistance profile.
- Ergonomic upright positioning for more comfortable use.
- Forearm pads are positioned to encourage the user to pull into the pads to a neutral spine throughout the movement reducing the possibility of hyper-extension.
- Unilateral training provides for greater focus and balanced strength development.
- Length: 50" (127 CM)
- Width: 55" (140 CM)
- Height: 51" (130 CM)
- Weight: 182lbs (83 KG)

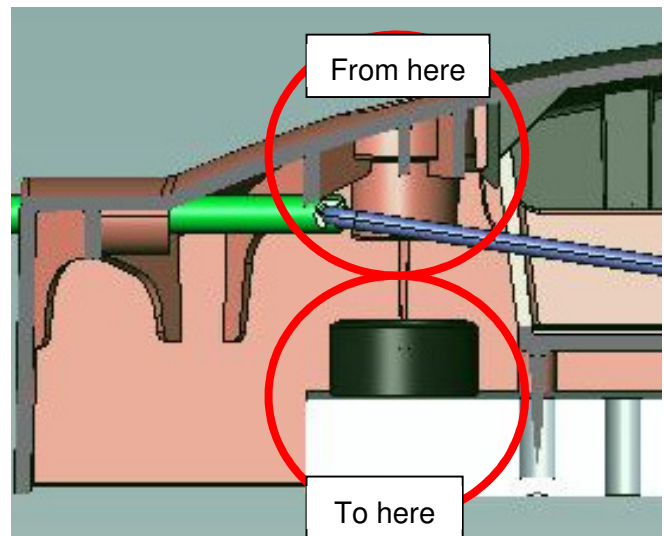


New VR3 and Eagle Top Weights

All VR3 and Eagle units are being produced with a redesigned top weight that has been revised to reduce weight stack noise.

In the original design, the bushing and oiler assembly was part of the top cover plastic assembly. In the revised design, the bushing and oiler have been relocated to the top plate itself. The advantage to the new design is that placing the bushing and oiler assembly into the steel reduces noise because:

- It separates the assembly from the top cover which reduces the opportunity for any resonance to occur.
- Moving the assembly into the steel of the top plate allows the higher density of the steel to dampen out audible vibration.



5316 Cable Column End of Life

The 5316 is being removed from production. The last day to enter an order is February 1. The last day for shipment is March 1.