

## Versa MD Leg Extension / Leg Curl

MD-S711



The Versa MD Leg Extension / Leg curl features a low starting weight and incremental weight changes, helping injured or deconditioned clients get started and progress quickly. Range-of-motion limiter restricts the stroke for isometric contractions and protects clients from overextending.

- Smooth, gas-assisted vertical back pad adjustment includes 10-, 20-, 30- and 40-degree positions to provide options for clients with hip mobility restrictions
- Low starting weight of 4.5 kg / 10 lbs for the leg extension and 3.4 kg / 7.5 lbs for the leg curl helps injured or deconditioned clients get started and progress quickly
- Ankle pad adjusts to four positions to provide comfortable use for clients of different sizes
- Compact design combines a space-saving footprint with optimal biomechanics
- Range-of-motion limiter restricts the stroke for isometric contractions and to protect clients from overextending
- Optional incremental weight allows increases as small as 0.9 kg / 2 lbs to help clients of all ability levels see real progress
- Optional step stool helps those with physical limitations enter or exit the unit more easily and safely
- Thigh pad features gas-assisted adjustment to nine positions to provide comfortable use and swings smoothly out of the way for easy entry and exit
- 12 starting positions let individuals adjust the unit to accommodate a wide range of joint flexibility and physical limitations
- Swing arm adjustment pivots the thigh pad out of the in-use area for users
- Unique seat pivot allows proper joint alignment with the machine's axis of rotation, creating optimal biomechanics in both directions
- Gas-assisted horizontal back pad adjustment offers seven positions to provide proper alignment for a range of body types and makes changing positions fluid and easy
- Large instructional placards provide clear instructions for adjustments, helping individuals understand all possible progressions

### ADJUSTMENTS

#### BACK PAD RECLINE ADJUSTMENT

Yes, gas assisted, 4 positions (10°, 20°, 30° and 45°)

#### BACK PAD HORIZONTAL ADJUSTMENT

Yes, gas assisted, 7 positions

SWING ARM ADJUSTMENT	Yes, pivots thigh pad away from user
RANGE LIMITER	Yes
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
USER ADJUSTMENT RANGE	12 user starting positions
THIGH PAD ADJUSTMENT	Yes, gas assisted, 9 positions
SEAT PIVOT ADJUSTMENT	Yes, 2 positions to align knees with pivot when performing different exercises
ANKLE PAD ADJUSTMENT	Yes, 4 positions
<b>FRAME &amp; CABLES</b>	
AVAILABLE UPHOLSTERY COLOR	Black, American Beauty Red
FRAME FINISH	Proprietary two-coat powder process
FRAME COLOR	Iced Silver, Matte Black, Gloss Black, Lace White, Polarized Titanium
CABLE TRANSMISSION	Internally lubricated cables & fittings
MACHINE ANCHORING	3

<b>TECH SPECS</b>	
OVERALL DIMENSIONS (L X W X H)	217 x 125.4 x 162.5 cm / 85.5" x 49.4 x 64"
MAX USER WEIGHT	159 kg / 350 lbs
PRODUCT WEIGHT	340 kg / 750 lbs

<b>USER AMENITIES</b>	
FRONT PLACARDS	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements
PERSONAL STORAGE	Storage Area
PLACARD COLOR CODING	Blue (lower body)
CONTOURED SEAT	Yes
REAR PLACARDS	Color-coded machine identification & machine specific stretching

<b>WEIGHT STACK</b>	
INCREMENTAL WEIGHT SYSTEM	.9, 1.8, 2.7, 3.6 kg / 2, 4, 6, 8 lbs
WEIGHT STACK	91 kg / 200 lbs
MAX TRAINING WEIGHT	94.6 kg / 208 lbs
WEIGHT STACK GUARDING	Full front and rear shields