

GRONK FITNESS

LEG EXTENSION LEG CURL

SKU-5703-G1

The Gronk Fitness Plate Loaded Leg Extension & Curl Machine is a versatile lower body strength training solution designed for home gyms, garage gyms, personal training studios, and light commercial facilities. This dual-function machine allows users to seamlessly transition between leg extensions and seated leg curls, targeting both quadriceps and hamstrings for balanced muscle development.

Engineered with a robust 11-gauge steel frame, this machine features premium contoured upholstery, oversized rollers, and 23 pin-lock adjustment points for optimal user comfort and precise movement control. The plate-loaded design eliminates the need for cables or weight stacks, ensuring long-term reliability and minimal maintenance.



PRODUCT FEATURES

DUAL-FUNCTION DESIGN

Supports both leg extensions and seated leg curls for quads and hamstrings.

PLATE-LOADED RESISTANCE

Smooth progressive overload with Olympic plates and a 10" plate sleeve.

HEAVY-DUTY CONSTRUCTION

11-gauge steel frame with no cables, pulleys, or weight stacks to maintain.

23 PIN-LOCK ADJUSTMENTS

Fully customizable positioning for a precise, comfortable fit.

PREMIUM COMFORT

Contoured upholstery and oversized rollers for comfort-focused training.

SPACE-EFFICIENT & MOBILE

Compact footprint with transport wheels for easy repositioning.

BUILD YOUR GREAT



WIDTH
43"

HEIGHT
45"

DEPTH
45"

EQUIPMENT SPECIFICATIONS

DIMENSIONS

45" D × 43" W × 45" H

TYPE

Plate Loaded Leg Extension / Curl

FRAME

11-Gauge Steel

ADJUSTMENT POINTS

23 Pin-Lock Positions

PLATE SLEEVE

10" Olympic Plate Sleeve

APPLICATION

Light Commercial & Residential

WARRANTY

LIGHT COMMERCIAL

FRAME & WELDS	UPHOLSTERY	PARTS
10 Years	1 Year	5 Years
ATTACHMENTS	COSMETIC	LABOR
1 Year	3 Months	1 Year

RESIDENTIAL

FRAME & WELDS	UPHOLSTERY	PARTS
Lifetime	2 Years	Lifetime
ATTACHMENTS	COSMETIC	LABOR
Lifetime	3 Months	1 Year