



## Vertical Leg Press Diamond Plate Loaded



### Product features:

Maximum User Capacity: 160 Kg

Dimensions Open:

Product weight:

Warranty: 12 months for professional use

Maximum loadable weight:

### Product description:

The **Vertical Leg Press** by **DIAMOND** is the ideal machine for **training** the **lower body** , involving the muscles of the **quadriceps** , **hamstrings** , **glutes** and **calves** .

It is a **super smooth machine** thanks to its sliding on cylindrical bearings and easy to load.

Compared to the more common **45° press** , the **Vertical** allows you to train the lower muscles with the same intensity with lighter weights, reducing wear on the **joints** .

Furthermore, this machine **is safer for the back** where the lower part of the latter is in a **more relaxed position** and receives **minimal stress during the exercise**.