### Equipment Specifications

<table>
<thead>
<tr>
<th>Prone Leg Curl</th>
<th>Equipment Specifications</th>
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<tr>
<td>PART NUMBER</td>
<td>410612</td>
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<tr>
<td>URL</td>
<td>RogersAthletic.com/ProneLegCurl</td>
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<tr>
<td>PATENTS</td>
<td>D628663 &amp; D631520</td>
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### Physical Dimensions

<table>
<thead>
<tr>
<th>Weight</th>
<th>Height</th>
<th>Length</th>
<th>Width</th>
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</thead>
<tbody>
<tr>
<td>49 lbs</td>
<td>124.5 cm</td>
<td>182.9 cm</td>
<td>49 cm</td>
</tr>
<tr>
<td>113.4 kg</td>
<td>88.9 cm</td>
<td>182.9 cm</td>
<td>124.5 cm</td>
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</table>
FEATURES & BENEFITS

PENDULUM™ PRONE LEG CURL

TARGETED MUSCLES

- Hamstrings
- Bicep Femoris
- Semitendinosus
- Semimembranosus

CONSTRUCTION, HARDWARE & FINISH

- Constructed of ASTM specified steel
- Weight Horn Construction: Steel insert Urethane over-mold
- Baked-on powder coat finish
- Zinc plated hardware of Grade 5 or equivalent

(A) ADJUSTABLE CALF ROLLER
Designed to accommodate all athletes regardless of size.

(B) CONVENIENT STORAGE HORNS
On board weight storage to help manage your weight plates.

(C) S.E.T. (SET EXTENSION TECHNOLOGY)
Adjustable range limiter for use in re-hab or training through various ranges of motion.
**WHAT MAKES THE PRONE LEG CURL UNIQUE?**

Due to the position we place the body in, it is critical to have a strength curve that is bio-mechanically correct.

When the tendon on the back of the knee is overstretched or agitated from existing injury the Pendulum Prone leg curl gives you the ability to adjust the amount of stretch that is taking place during the leg curl by simply adjusting the S.E.T.

Training on the Pendulum Prone Leg Curl, you will instantly feel the hamstring contract to avoid an overstretched position.

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**EXERCISE FUNCTION**

Begin by standing at the rear of the machine with the foam rollers behind your legs. Bending forward assume a prone position on the pads. Slide up or down until your knees are in line with the axis of rotation of the work arm. The foam rollers should be resting just below the calves, if not they can be easily adjusted by popping the pad from the location and relocating it into the next higher or lower position.

Slowly curl your lower leg up to a fully contracted position. Pause at the top then slowly lower your legs to the start position.

The starting position of the roller pads can be adjusted by raising or lowering the S.E.T. lever on the machine. If there is excessive movement of the roller pad on the back of the leg, adjust your body position to better align your knee with the axis of rotation of the work arm.

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**FREQUENTLY ASKED QUESTIONS**

**How do I use the S.E.T. on the leg curl?**

The leg curl has been designed so that the athlete will begin to fatigue in the stretch position first, by adjusting the S.E.T. we can shorten the range of motion and continue to train creating a much deeper level of stimulation. Another way to use the S.E.T. is to adjust the amount of stretch the athlete is experiencing; this is great for re-hab or with athletes who are sensitive to overstretching.

**How do I fit this machine to all my different athletes?**

To find the appropriate body position, the trainer must align the athlete with the rotational axis of the movement arm. Have the athlete lie down on the pad, then shift him up or down until the center of his knee is in alignment with the center of the main pivoting bearing. Next adjust the calf roller pad just below the calf above the Achilles tendon. The pad is adjusted by simply pulling the roller assembly straight out then press it firmly into the opening most suitable to your athlete.

For more FAQs, or to ask questions directly, visit [www.RogersAthletic.com](http://www.RogersAthletic.com)

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**BLUEPRINT FOR VICTORY**

From our revolutionary training equipment to our weight room design specialists, Rogers understands that champions are made long before the games begin. Rogers Athletic is committed to manufacturing strength training equipment that promotes proper technique and is designed with safety in mind. In addition to strength training equipment, we offer a full range of free weights, flooring, cardio machines and weight accessories to complete your weight room. Let Rogers create a blueprint for your victory. Get Strong!
GET STRONG at RogersAthletic.com

Visit us at www.RogersAthletic.com for news, product features, in-depth information and video. Read our in-depth Strength Blog and get the latest in strength training advice from expert strength coaches and trainers. See our gallery of installations from some of the top training facilities in high school, collegiate, and professional athletics. View new products as Rogers continues to innovate with coaches to bring the very best, the safest and most technically advanced training tools to your training. Get Strong!

ABOUT ROGERS

Since 1968, football coaches have trained youth, high school, college and professional champions by making Rogers Athletic football training sleds and dummies an important part of their practices. Drills on Rogers’ equipment help coaches teach fundamentals, while protecting their athletes by limiting the amount of live contact. Rogers’ innovative products give your players the confidence to practice with game-day aggressiveness.

Rogers understands that champions are made long before the games begin. Winning a championship on the field starts before the cleats hit the turf. It starts in the weight room.

When Rogers made the decision to enter the strength training market, our principles of innovation, quality, and skill development were our top priority. From our heavy-duty Pendulum power racks to our complete line of Pendulum plate loaded machines, you can train the entire body from building explosive leg strength, a strong core, an iron grip and neck training to help prevent injury and lower concussive forces in your athletes. You can see the difference. You can feel the difference. No wonder that most serious athletes, from professional football players to America’s elite military forces train with Pendulum. Quality, Innovation and value from the trusted leader – Rogers Athletic.