



iSTRENGTH

CSI-LELC LEG EXTENSION / LEG CURL



Reimagine your strength workout with the Spirit Fitness i-Strength CSI-LELC Leg Extension/Leg Curl. The advanced electronic resistance and intelligent software deliver a next-generation training experience. Plus, 4 dynamic training modes—Pure, Eccentric, Isokinetic, and Elastic—provide variety and drive faster results. A resistance range of 8 to 91 kg supports effective training for users of all abilities.

The Leg Extension and Leg Curl machine delivers versatile lower-body training by targeting opposing muscle groups—the quadriceps and hamstrings. Exercises can be easily switched and adjusted from a seated position, providing maximum convenience. Its optimized axis of rotation ensures smooth, natural movement for both extensions and curls.

The padded, adjustable seat provides ergonomic support, lasting comfort, and easy maintenance. Constructed with a heavy-gauge steel frame and commercial-grade components, the machine is built for durability and reliable, long-term performance.

FEATURES

- Advanced electronic resistance and intelligent software deliver a next-generation training experience
- 4 dynamic training modes, Pure, Eccentric, Isokinetic, and Elastic, provide variety & drive faster results
- Effectively target both quadriceps and hamstrings
- Seamlessly transition between exercises while seated.
- Axis of rotation engineered for a natural feel
- Intuitive touchscreen console allows effortless adjustments & real-time feedback

SPIRIT®

SPECIFICATIONS

Performance	• Minimum Resistance: 8 kg • Maximum Resistance: 91 kg • Electronically Adaptive Resistance System • Power: 230V, 13A Type G 3-Pin Plug
Console	• Display: 10.1" (diag.) Touchscreen • Programs: Pure, Eccentric, Isokinetic, and Elastic • Over the Air Software Updates
Convenience	• Natural Axis of Rotation • Padded Adjustable Seat • Storage Trays (Top of Weight Resistance Module)
Frame	• Heavy Gauge Steel Frame • Low Profile Design • High-Quality Electrostatic Powder Coat Finish • Fully Enclosed Resistance Module • Steel Feet w/Rubber Foot Covers • Max User Weight Capacity: 159 kg (350 lb)
Dimensions and Weight	• Setup Dimensions: 166.6 cm L x 141.0 cm W x 113.0 cm H • Shipping Dimensions - Shipping Weight: • Carton A: 76.5 x 73.7 x 48.5 cm - 51.0 kg • Carton B: 131.8 x 102.1 x 37.6 cm - 62.0 kg • Carton C: 117.6 x 100.1 x 37.6 cm - 79.0 kg