



We Change Lives from the Core®

THE NORDIC CURL™

The Progressive Hamstring Curl



ABOUT THE NORDIC CURL™

ABS1022

The Nordic Curl is designed to strengthen, build and develop the hamstrings and glutes in a safe, effective way. The ergonomic design allows you to perform the perfect nordic curl safely, leveraging the weight of your body. The PATENT PENDING DESIGN features an adjustable Chest Pad which allows users to work their way up to the full range of motion. There are 4 levels of adjustment making it perfect for beginners or advanced athletes.

Dimensions:

Product Dimensions: 60 in x 25 x 29 in (152 cm x 64 cm x 74 cm)

Weight: 125 lb (57 kg)

Adjustable Bench

- 01** 4 incline levels allow for progressive training, accommodating beginner to advanced users.

Ergonomic Design

- 02** Provides proper support and alignment during the exercise, ensuring a safe and effective workout for the hamstrings and glutes.



Foot and Ankle Support

- 03** Adjustable high quality padding to support the feet and ankles, providing stability and comfort while performing the exercise.

Mobility Wheels

- 04** Includes wheels and handle allow for easy mobility and convenience.



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