

**Steelflex**

**JUNGLE GYM Series**  
Designed for enjoying your life

**Hamstrings** are the powerhouse muscles in the back of your thighs. They play a vital role in everything from walking and running to jumping and squatting. Here's why you should prioritize hamstring workouts:

- 1. Injury Prevention:** Strong hamstrings support your knees and hips, reducing your risk of injury during exercise and daily activities.
- 2. Improved Performance:** Whether you're a gym enthusiast or a weekend warrior, strong hamstrings can boost your power, speed, and agility.
- 3. Enhanced Flexibility:** Tight hamstrings can lead to back pain and limitations in movement. Regular hamstring work keeps you limber and feeling great.

Why **Steelflex** & **Body-solid** is Your Hamstring Hero!

**JGLC400**



**STRETCH  
YOUR LIMITS**

Find your hamstring heaven with us



**PLLC**



HAMSTRING GROUP



**MLC400B**



**GLCE365B**

**Body-Solid**

At Joong Chenn Ind, we understand the importance of well-rounded workouts. That's why we offer a variety of equipment specifically designed to target your hamstrings. Ready to Feel the Difference?

Let **Steelflex & Body-solid** help you unlock the full potential of your hamstrings