



Steelflex

Leg Day. Every Day.

Your legs house the largest muscle groups in your body (quads, hamstrings, glutes, and calves). Training them burns more calories, which is great for weight management. More importantly, strong legs are essential for functional fitness: everything from walking, running, and jumping to simply standing up or climbing stairs relies on that lower-body power. Neglecting your legs can also lead to muscle imbalances, increasing your risk of injury, especially in the knees and lower back. Prioritizing leg day improves balance, stability, and overall athletic performance.

Dual-function
Leg Extension / Curl



Looking for a functional and compact way to get a serious leg workout at home or in a tight space? **The PL2500 Leg Extension/Leg Curl machine** is a premium, dual-function plate-loaded option that allows you to efficiently isolate and develop both your quadriceps and hamstrings.

LEARN MORE



Stronger Legs. Stronger You.

THE **MANUFACTURER**



STEELFLEX



PL2500

