



POWERFUL IDEAS FOR POWERFUL RESULTS

ASSISTED NORDIC CURL

Power Lift's Assisted Nordic Curl allows users to properly perform the movement through weighted assistance and it provides a way to load the posterior chain while keeping the torso from entering anterior pelvic tilt. Key design features include larger roller chest pads, vertical/horizontal ankle adjustment, and standard band attachments. These design features allow the user to load the glutes, hamstring, and calves without placing excessive stress on their patella.

KEY FEATURES:

- Adjustable angle footplate
 - Forward tilt, vertical, backward tilt
- Adjustable height ankle assembly
 - Upper ankle pads move when lower ankle pads move (9 positions)
 - Additional mechanism for adjusting upper ankle pads separate from lower ankle pads (4 positions)
- Injection molded chest and ankle roller pads
- High quality thigh / knee pad construction
- Santoprene covered handles with aluminum end cap
- Adjustable work-arm start position
 - 13+1 positions (storage / shipping position)
 - Each position is 12.5 degrees different
 - Work-arm stores out of the way for bodyweight movements
- Ankle / Footplate assembly adjusts using a horizontal linear slide design (11 positions)
- Dual chest pad design (7" diameter pad)
- Adjustable chest pad start position (17 options)
- Weight storage standard
 - 1 long peg for full size plates
 - 1 medium peg for medium size plates
 - 1 short peg for change plates
- Band Attachments for resistance / assistance (3 locations)
- Custom branding locations (decals)
- Manufactured from 11 gauge, 7 gauge and Nestable steel tube construction
 - Nestable tubing allows for single pull pin when adjusting (no knob)
- Manufactured from 3/8" steel plate construction
- Laser cut numbers & letters for adjustments provide easy-to-see & durable markings for setting the machine as desired



Overall Dimensions:

48" (L) x 76 1/2" (L with work arm fully extended) x
59 1/2" (W) x 38 1/2" (H) | 325 lbs. (Approximate Weight)

Warranty:

Lifetime conditional warranty on frame components. Five years on rotary bearings, guide rods, pulleys and weight plates. One year on belts, cables and grips. Ninety days on upholstery and items not specified.

Part Number:

29127C

powerliftusa.com
800.872.1543

