

# Plate Loaded

## Leg Extension

Packed with features and exceptional movements, the Plate Loaded line merges superior technology with a passion for fitness. Cybex Plate Loaded and Free Weight lines are the definition of strength training – and equipment no club wants to be without.

### EXTREME STRENGTH

Superior biomechanics in a space-efficient package. The Cybex Plate Loaded line is the most space-efficient user-friendly plate loaded line in the industry. It accommodates users of almost any size and its superior design meets the needs of advanced users, without intimidating others.

- Cybex science and design in a plate loaded line.
- Who said hard core has to be intimidating?
- Built tough to keep looking new.

### FEATURES

- Cable and cam design provides for an accurate resistance profile.
- Offset input arm allows for the tibia pad to adjust without affecting the starting angle of the knee. In combination with proper pivot location, this allows the use of a flat pad for reduced shin pressure.
- The angled back pad (100 degree angle between seat and back) relieves hamstring tension.
- Floating tibia pad provides effortless setup.



### SPECIFICATIONS

<b>Product Number</b>	16300
<b>Dimensions L x W x H</b>	79" x 39" x 44" (201 cm x 99 cm x 112 cm)
<b>Machine Weight</b>	187 lb (85 kg)
<b>Color</b>	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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