

Pro Series PL Reverse Hyper Extension

Introducing the Pro Series Plate Loaded Reverse Hyperextension – a powerhouse for strengthening your lower back and glutes. Crafted for stability and comfort, this machine offers a dynamic range of motion. Its robust design ensures a secure workout, making it an essential addition to any strength training regimen.



Multi-Grip Handles



Large Pads for Comfort



Foot Pedals



Robust Construction



Technical Specifications

Rating	Commercial
Loading Capacity	100kg 220.5lbs
Product Weight	66kg 145.5lbs
Start Weight	3kg
Dimensions:	L 131 x W 79.7 x H 115.3cm L 51.6 x W 31.4 x H 45.4in

Key Features

The elbow pad sinks down, conforming to ergonomic design principles.	•
Equipped with foot pedals for easy user access to and from the machine.	•
Soft wrist straps distribute force evenly on the ankles, reducing pressure sensation.	•