

BACK EXTENSION

JFBR - 1090

Unique design for spinal erector muscles in comfort and added safety. Dual adjustable thigh pad for effective positioning. Big non-skid high quality rubber foot platform for stability.



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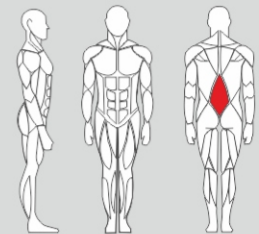
FEATURES

- ◆ **Ergonomic Design:** Optimized for lower back strengthening and core stabilization exercises, ensuring proper form and alignment.
- ◆ **Adjustable Angles:** Features adjustable settings to accommodate various user heights and workout intensities.
- ◆ **High-Density Padding:** Comfortable foam cushions provide support and reduce pressure during back extension movements.
- ◆ **Heavy-Duty Frame:** Built with a sturdy structure to provide exceptional stability and lasting durability.
- ◆ **Non-Slip Footplates:** Large, textured foot platforms ensure a secure grip for added safety during exercises.

SPECIFICATIONS

DIMENSIONS:

Length: 60 inches / 152 cms
Width: 28 inches / 71 cms
Height: 50 inches / 127 cms
Weight: 103.8 lbs / 47.1 kg



MUSCLE WORKED: Erector Spine

COLOURS AVAILABLE: White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.