

HIP / BACK EXTENSION

JPB - 209

The Hip Back Extension Machine by Jerai Fitness is designed to strengthen the lower back, glutes, hamstrings and core through controlled extension movements. Engineered with ergonomic padding, adjustable support positions, and a stable heavy-duty frame, it helps users perform safe and effective posterior chain training with maximum comfort and stability. Suitable for commercial gyms and strength training facilities, the machine supports proper body alignment for improved performance and reduced strain during workouts.



Scan Here
to Access the Video

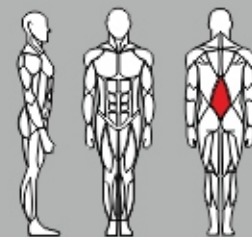
FEATURES

- ◆ **Ergonomic Support Pads:** Designed for comfortable lower back positioning during workouts.
- ◆ **Adjustable Height Settings:** Allows users of different heights to train comfortably.
- ◆ **Heavy-Duty Frame:** Built with high-grade steel for long-lasting durability.
- ◆ **Anti-Slip Foot Platform:** Ensures stability and secure footing while exercising.
- ◆ **Smooth Movement Mechanics:** Provides controlled and effective extension movements.
- ◆ **Compact Commercial Design:** Space-efficient structure ideal for gym setups.

SPECIFICATIONS

DIMENSIONS:

Length: 52 inches / 132 cms
Width: 45 inches / 114 cms
Height: 60 inches / 152 cms
Weight: 456.6 lbs / 207.1 kg
Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Lower Back, Glutes, Hamstrings, Core, Spinal Erectors

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