







Elite Series, Roman Chair (Black)

SKU: **GG-ELITE-113**

Versatile training for core, back, and glutes, the Elite Series Roman Chair offers a stable, commercial-grade platform for a wide range of strength exercises. From ab work to lower back extensions, its padded ankle rollers and high-quality upholstery deliver comfort and support throughout every movement. Ideal for abdominal, back, core, and glute training Commercial-grade heavy-duty steel frame for maximum durability Electrostatic powder-coated and heat-cured finish for long-lasting wear High-quality upholstered pads for comfort and support Padded ankle rollers for stability and secure positioning

Technical Specifications

Weight	35 kg	**Plate Loaded**	Yes
Length / Depth	99 cm		
Height	63 cm		
Width	73 cm		
Frame Weight	35 kg		
Loading Capacity	150 kg		