



Pro Series, Back Extension

SKU: **GG-PRO-125**

Engineered for spinal strength and support, the Pro Series Back Extension targets the middle and lower back with smooth, controlled movement. The easily adjustable starting position and quick selector pin make setup fast and user-friendly. The contoured back pad is shaped to minimise spinal pressure during use, while the multi-position footrest provides added stability and flexibility for a range of user preferences. Ideal for building posterior strength safely and effectively.

Key Features

- Trains middle and lower back muscles
- Ergonomic back pad reduces pressure on the spine
- Multi-position footrest for varied user support
- Adjustable start position for custom setup
- Selector pin for quick weight selection

Technical Specifications

Weight	200.1 kg	Weight Stack	91 kg
Length / Depth	112 cm	Pin Select	Yes
Height	153 cm		
Width	103 cm		
Frame Weight	98 kg		

