



Pro Series, Torso Rotation

SKU: **GG-PRO-128**

Designed for controlled rotational training, the Pro Series Torso Rotation targets the internal and external obliques with precision. Its adjustable start positions and easy weight selection via selector pin allow users to customise their setup quickly and comfortably. Enhanced support features, including the seat pad, roller pad, and back pad, help stabilise the pelvis and lumbar spine, promoting safe and effective movement throughout the range of motion.

Key Features

- Targets internal and external oblique muscles
- Brand new motion and fixing methods improve pelvic stability
- Multiple starting positions for tailored rotation angles
- Seat, roller, and back pads for lumbar support and safety
- Selector pin for quick and simple weight adjustments



Technical Specifications

Weight	189 kg	Weight Stack	72.5 kg
Length / Depth	124 cm	Pin Select	Yes
Height	153 cm		
Width	110.5 cm		
Frame Weight	96 kg		

