



Pro Series Plate Loaded, Reverse Hyperextension

SKU: **GG-PRO-PL-120**

Introducing the Pro Series Plate Loaded Reverse Hyperextension – a powerhouse for strengthening your lower back and glutes. Crafted for stability and comfort, this machine offers a dynamic range of motion. Its robust design ensures a secure workout, making it an essential addition to any strength training regimen.

Key Features

- The elbow pad sinks down, conforming to ergonomic design principles.
- Equipped with foot pedals for easy user access to and from the machine.
- Soft wrist straps distribute force evenly on the ankles, reducing pressure sensation.



Technical Specifications

Weight	66 kg	Plate Loaded	Yes
Length / Depth	131 cm		
Height	115.3 cm		
Width	79.7 cm		
Frame Weight	66 kg		
Start Weight	3 kg		
Loading Capacity	0 kg		

