

# REVERSE HYPEREXTENSION / 1FW096



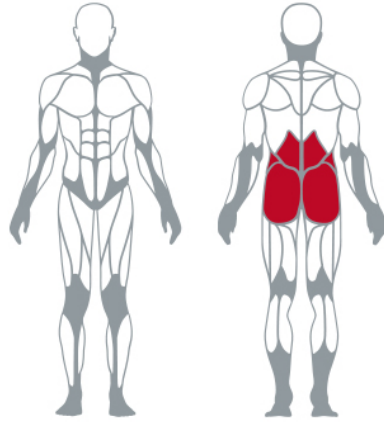
The Reverse Hyperextension is ideal for targeted training of the thighs rear muscles (glutes and hamstrings) and of the lumbar. It stands out for:

- wide roller of adjustable thrust;
- physiological load curve;
- counterbalance to reset empty weight of the exercise lever;
- side platform for easy access and positioning on the machine;
- elbow support paddings with multi-grip handle for the best stabilization of the torso.

## Optional

- 3 additional weight holders.

# MUSCLES



## TECHNICAL SPECIFICATIONS

Width	130 cm
Length	135 cm
Height	160 cm
Weight	185 Kg
Max. Weight	110 Kg
Empty load	5 Kg

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The accessories (dumbbells, discs and barbells) are always placed as decorum therefore not included in the machine.