

## BACK EXTENSION

JXBR - 008 - RBK - BL

Unique design for spinal erector muscles in comfort and added safety. Dual adjustable thigh pad for effective positioning. Big non-skid high quality rubber foot platform for stability.



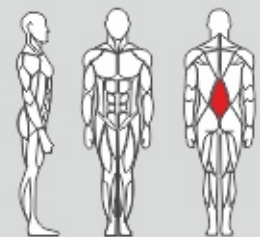
### FEATURES

- ◆ **Ergonomic Design:** Optimized for lower back strengthening and core stabilization exercises, ensuring proper form and alignment.
- ◆ **Adjustable Angles:** Features adjustable settings to accommodate various user heights and workout intensities.
- ◆ **High-Density Padding:** Comfortable foam cushions provide support and reduce pressure during back extension movements.
- ◆ **Heavy-Duty Frame:** Built with a sturdy structure to provide exceptional stability and lasting durability.
- ◆ **Non-Slip Footplates:** Large, textured foot platforms ensure a secure grip for added safety during exercises.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 66 inches / 168 cms  
Width: 42 inches / 107 cms  
Height: 50 inches / 127 cms  
Weight: 167 lbs / 75.9 kg



**MUSCLE WORKED:** Erector Spine

**COLOUR AVAILABLE:** Dark Silver