

## BACK EXTENSION

JPRBR - 108 - RBK - BL

The Back Extension from the X-Pro series is engineered to strengthen the posterior chain safely and effectively. Designed to strengthen the lower back, glutes, and hamstrings, the Back Extension bench provides targeted support for posterior chain development. Featuring an adjustable hip pad and contoured rollers, it ensures optimal positioning and comfort for users of all sizes.



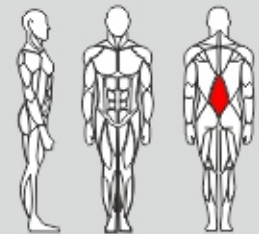
### FEATURES

- ◆ **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: 40 inches / 102 cms  
Width: 52 inches / 132 cms  
Height: 44 inches / 112 cms  
Weight: 153 lbs / 69.7 kg



**MUSCLE WORKED:** Erector Spine

**COLOUR AVAILABLE:** Black.