

PRODUCT INFORMATION

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Big Iron Glute Ham/ Reverse Hyper-Extension Bench

Product Number: 19300

MSRP:\$2,195

Availability: Available in standard lead time

- Dual linear bearing track system with foot release ensures easy positioning.
- 24 horizontal adjustments spaced 1" (2.5 CM) to accommodate a wide range of athlete sizes.
- Knee pad helps to simplify setup and provide security.
- 9 vertical adjustments spaced 1" (2.5 CM) provide for progression and athlete fit.
- Angled ankle rollers provide for easy foot placement and fit.
- Footplate mounted handles allow for anchoring for use as a reverse hyperextension.
- Band attachments provide for the use of bands for added resistance in reverse hyper extension movements.
- Dimensions:
 - Width: 32" (81 CM)
 - Length: 67" (170 CM)
 - Height: 48" (122 CM)
 - Weight: 225 lbs. (102 KG)



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