

Technical Data Sheet

Back Extension Bench

Device Description

Strengthens the back muscles, primarily the spinal erector muscles, while also engaging the lower limb muscles to a lesser extent. The exercise plays an important role in maintaining proper posture and helping prevent spinal problems.

Developed abilities: Fitness, Strength

Technical Specifications

Type: Strength equipment

Difficulty level: Medium

Recommended for: Users over 14 years of age and/or at least 140 cm tall

Maximum load: 150 kg

Height: 175 cm

Width: 70 cm

Length: 85 cm

Safety zone: 385 × 370 cm

Free fall height: 20 cm

Instructions for Use

Stand securely on the platform and rest your hips on the bench while facing downward. Brace your legs against the crossbar. Place your hands behind your head or cross them over your chest. Slowly perform full trunk bends downward and then return to the starting position in a smooth, controlled motion.

Material Specification

- Supporting structure made of 88.9 × 3.6 mm steel pipes.
- Other tubular elements made of 48.3 × 3.2 mm, 42.4 × 3.2 mm and 33.7 × 2.9 mm steel pipes.
- Seats, backrests and footrests made of 3 mm thick steel sheet.
- Galvanized cap nuts protected against loosening; maintenance-free sealed bearings.
- All metal components are abrasive blasted, then powder-coated with a zinc primer and weather- and UV-resistant polyester powder coating.

Standard

The equipment complies with the requirements of PN-EN 16630:2015-06.

