

Product Datasheet

Back Extension Bench



Device Description

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

Specifications

Type: Strength equipment

Difficulty level: Medium

Recommended for: Users aged 14+ and/or at least 140 cm tall

Maximum load: 150 kg

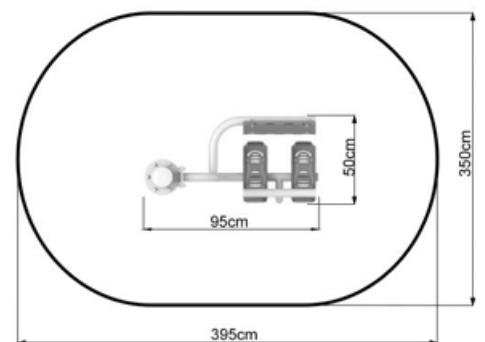
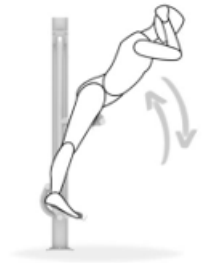
Height: 175 cm

Width: 70 cm

Length: 85 cm

Operating area: 385 × 370 cm

Free fall height: 20 cm



Exercise Instructions

Stand firmly on the platform and rest your hips on the bench while facing downward. Secure your legs against the crossbar. Place your hands behind your head or cross them over your chest. Slowly lower and raise your torso through a full range of motion.

Construction

- Load-bearing structure made of 88.9 × 3.6 mm steel tube.
- Additional steel tubes: 48.3 × 3.2 mm, 42.4 × 3.2 mm and 33.7 × 2.9 mm.
- Seats, backrests and footrests are made of 3 mm thick steel plate.
- Galvanized cap nuts protected against loosening and maintenance-free sealed bearings.
- All metal components are abrasive blasted and powder-coated with a zinc primer and weather- and UV-resistant polyester coating.
- Complies with PN-EN 16630:2015-06.