

# 061 Gymleco Reverse Hyper

010 series, Plate Loaded



The Reverse Hyper machine that allows you to train reverse back extension. The exercise itself without weight loading is often used for the rehabilitation of back patients because the load in this back exercise does not affect the back in a wrong way.

The machine is popular within weightlifters as it is used as a "movable" exercise for the lower back. The machine can be seen as one of the best machines to train the gluteus muscles.

- Standard frame color: Black
- Standard cushion color: Black or Red
- Long operating range
- 1 weight hangers included
- Easy to set up.
- No settings needed

**Length**

116 cm

**Width**

140 cm

**Height**

144 cm

**Weight**

87,5 kg

No maintenance needs.