

# 063 Gymleco Reverse Hyper Pendulum

010 series, Plate Loaded



An updated version of our popular art. 061. This machine is not only ergonomically good for training the lumbar spine, it also exercises the gluteus muscles. The machine is popular with lift lifts as it is used as a "movable" exercise for the lower back to supplement for back training with isometric lift.

In this exercise, it is important to have the legs straight through the whole movement.  
Can be used with the included footrest or with belt (belt not included).

Easy to get in and out of machine thanks to the step on right side of machine.

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

**Length**

137 cm

**Width**

133,5 cm

**Height**

111 cm

**Weight**

100 kg

No maintenance needs.

**Gymleco®**