

162 Gymleco Back Raise, Adjustable 45-90 degrees

100 series Basic equipment



This Gymleco Back Raise is adjustable from 45° to completely horizontal 90°. This machine strengthens the lower back and is a traditional gym equipment in all gyms. It fits all body heights and is easy to adjust.

The back extension machine targets the erector spinae, which are three muscles: iliocostalis lumborum, longissimus thoracis, and the spinalis. Back raise exercises will strengthen your lower back muscles. This includes the erector spinae, which supports the lower spine. Back raises, or also called back extensions also work the muscles in your glutes, hips, and shoulders. If you have pain in your lower back, back raises might provide relief.

- Adjustable between 45° to 90°
- Helping handles
- Split cushion against the hip
- Standard frame color: black
- Standard color cushion: black / red

Length
102 cm

Width
60 cm

Height
117 cm

Weight
38 kg

No maintenance needed
Clean with gentle detergents

Gymleco®