

# ALL NEW TARGET LINE

## 4BACK LATERAL FLEXION



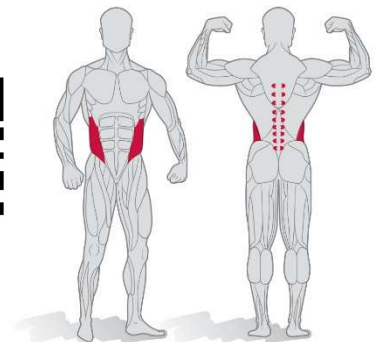
4back Lateral Flexion  
Art.-No.: **16300** Fitness

4back Lateral- Flexion  
Medical Art.-No.: **1630M** Certified Medical Product

Length cm	Width cm	Height cm	Weight kg
<b>93</b>	<b>110</b>	<b>145</b>	<b>230</b>



Learn more



Training of the lateral trunk muscles  
(Mm. Intertransversarii, M. iliocostalis thoracis, M. iliocostalis lumborum, M. longissimus, M. obliquus externus et internus abd., M. quadratus lumborum, M. psoas major)

✓ Integrated

+ Optional

Angle display



Adjustable starting position



Fine Increment 2,5kg



Range Limiter for End Position



Package Additional Selector Plates



Biofeedback System



### Properties

- comfortable, specially shaped and height-adjustable training pads
- colored handles for correct grip
- Trunk stabilization via adduction pads
- change of the training side from the sitting position
- specially tailored power curve
- max. user weight: 200kg
- Weight block: 15 x 5kg

### Device Setting

- Infinitely adjustable seat height
- Infinitely adjustable starting angle
- Infinitely adjustable training pads