

ALL NEW TARGET LINE

4BACK TORSO EXTENSION & FLEXION COMBINED



4back Torso

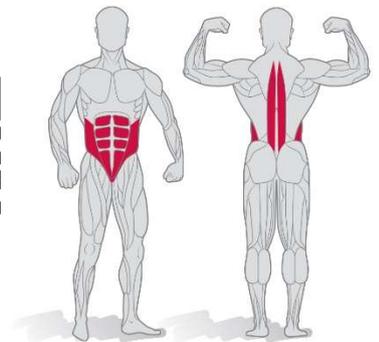
Extension & Flexion Combined Art.-No.: **16000** Fitness

4back Torso Extension & Flexion Combined Medical Art.-No.: **1600M** Certified Medical Product

| Length cm | Width cm | Height cm | Weight kg |
|-----------|----------|-----------|-----------|
| 125 | 95 | 145 | 270 |



Learn more



✓ Integrated

+ Optional

Training of the back extension muscles (Mm. erector spinae)

Training the straight abdominal muscles (M. rectus abdominis)

Angle display



Adjustable starting position



All New Comfort Range



Range Limiter for End Position



Hydraulic assisted knee fixation



Fine Increment 2,5kg



Biofeedback-System



Grab Handle



Package Additional Selector Plates



Properties

- the special lordosis shape supports the highly effective, segmental movement execution
- Movement mechanics precisely matched to the short contraction area of the straight abdominal muscles
- specially tailored power curve
- max. user weight: 200kg
- Weight block: 20 x 5kg

Device Setting

- Height-adjustable lumbar pad
- 2 ° starting angle setting
- infinitely adjustable back/chest pad