

# BACK EXTENSION BENCH

## VST600-FW52



### FOR LASTING DURABILITY & INCREDIBLE RESULTS

Our back extension bench lets dedicated strength training enthusiasts take on posterior chain exercises to strengthen and stabilize lower back muscles, hamstrings and glutes. It's been tested to withstand hard use in tough environments, and refined ergonomics keep even the most intense sets comfortable. Best of all, our ultra-stable design is as easy-to-use as it is low-maintenance.

- Easily adjusts to 13 positions to comfortably accommodate varying user sizes
- Angled bench design makes it easy to enter and exit
- Molded polyurethane foam pads and contoured touchpoints
- Built-in band pegs allow for resistance training
- Nonslip footpads and lower leg pads enhance comfort and stability

#### FRAME

|              |                                     |
|--------------|-------------------------------------|
| Frame Color  | Matte Black                         |
| Frame Finish | Proprietary two-coat powder process |

#### TECH SPECS

|                      |                                              |
|----------------------|----------------------------------------------|
| Overall Dimensions   | 134.3 × 93.8 × 99.9 cm / 52.9 × 36.9 × 39.3" |
| Product Weight       | 44 kg / 97 lbs.                              |
| Max. User Weight     | 150 kg / 330 lbs.                            |
| Max. Training Weight | 25 kg / 55 lbs.                              |

#### USER AMENITIES

|                  |                                    |
|------------------|------------------------------------|
| Upholstery       | Polyurethane molded foam           |
| Elastic Band Peg | Allows elastic resistance training |