

# POWER LIFT®

POWERFUL IDEAS FOR POWERFUL RESULTS

## POSTERIOR CHAIN DEVELOPER

The Power Lift Posterior Chain Developer combines two of our workout machines: the glute ham bench and reverse back extension. This space efficient machine utilizes your athlete's bodyweight for posterior chain development, helping them work toward weighted posterior chain lifts or with recovery.

### KEY FEATURES:

- Two sizes: Standard and XL
- Bi-lateral and Uni-lateral movement / locking movement arms
- Removable center pad
- Multiple ankle strap positions
- Tilt-engage wheels
- Premium heavy duty upholstery and padding
- Made in the U.S.A.
- Optional Nylon Strap Handles not included



### Overall Dimensions:

67 13/32" (L) x 35" (W) x 46 7/32" (H)  
400 lbs. (Approximate Weight)

### Warranty:

Lifetime conditional warranty on frame components. Five years on rotary bearings, guide rods, pulleys and weight plates. One year on belts, cables and grips. Ninety days on upholstery and items not specified.

### Part Number:

11904B (PCD)  
11970B (PCD-XL)

powerliftusa.com  
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