

POSTERIOR CHAIN DEVELOPER

SPECIFICATION SHEET

PRODUCT OVERVIEW:

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



PART NUMBER:

11904B

OVERALL DIMENSIONS:

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

STANDARD FRAME OPTIONS:



STANDARD UPHOLSTERY OPTIONS:



* Custom colors available for an additional fee. Used for Reference Purposes only - Digital Colors Vary. Power Lift uses premium high quality Powder Coat Paint and Upholstery.