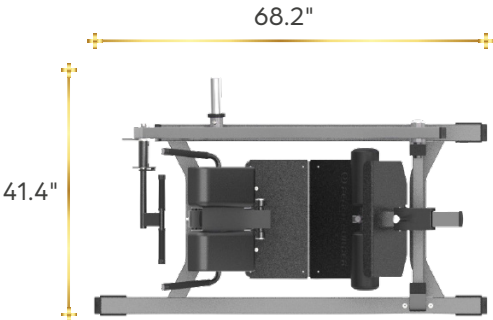




3D GLUTES Multi Hip Extension



+ Key Features



Knee-Flexed Hip Extension Mechanics:
Enhances glute and hamstring synergy, maintaining muscle tension and improving eccentric control.



Optimized Biomechanical Path:
Ensures smooth force transmission while minimizing lumbar stress and compensation.



Multi-Angle Adjustability:
Pneumatic leg and ankle pads adjust to fit diverse user heights and training postures.



Ergonomic Foot Support:
Dual footplates with anti-slip flanged design ensure safety and stance stability.



User-Friendly Design:
Integrated front handles allow easy access and secure positioning during training.

Product Overview

VO3 3D Glute Multi Hip Extension targets glute, hamstring, and hip strength with adjustable positioning, smooth resistance, and versatile movement options for effective lower-body training.

Specifications

- + Dimensions (L x W x H):
68.2 x 41.4 x 46.8 in
173 x 105 x 119 cm
- + Product Weight: 275.58 lb (125 kg)
- + Maximum User Weight: 350 lb (158.8 kg)
- + Maximum Capacity: 800 lb (363 kg)

Warranty

- + Frame: 10 Years
- + Parts: 5 Years
- + Labour: 1 Year