



3D GLUTES Reverse Hyper



+ Key Features



Posterior Chain Focus: Strengthens glutes, hamstrings, and spinal erectors through controlled hip extension.



Spine-Friendly Design: Eliminates axial loading while reinforcing lumbar stability and hip drive.



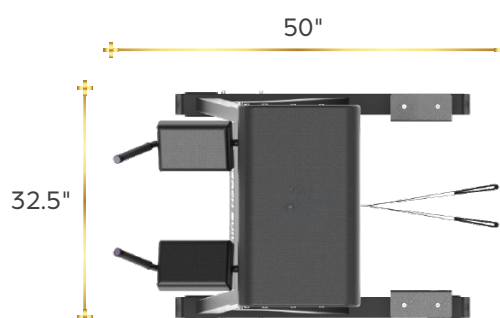
Natural Swing Path: Biomechanically precise motion ensures smooth and balanced resistance.



Comfort-Stability System: Flared elbow pads and arched torso support maintain alignment and comfort



Compact Performance Frame: Smaller footprint delivers full reverse-hyper functionality with space efficiency.



Product Overview

VO3 3D Glute Reverse Hyper strengthens the glutes, hamstrings, and lower back with a smooth, controlled motion, making it ideal for both performance training and rehabilitation.

Specifications

- + **Dimensions (L x W x H):**
50 x 32.5 x 43.1 in
127 x 82.5 x 109.4 cm
- + **Product Weight:** 165.3 lb (75kg)
- + **Maximum User Weight:** 350 lb (158.8 kg)
- + **Maximum Capacity:** 800 lb (363 kg)

Warranty

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

