

## REVERSE BACK EXTENSION/GHD COMBO 976-GH BLURRING THE LINE BETWEEN POWER TRAINING & THERAPY

At the center of athletic performance training is the importance of a strong posterior chain: low back, glutes, hamstrings and calves. This is where the athlete's acceleration and speed is born. Glute ham raises are a very effective form of way of training this muscle group, placing an emphasis on the hamstrings, but the Reverse Back Extension places more of the emphasis on the lower back, a common problem area for athletes and non-athletes alike. The new Legend Fitness Reverse Back Extension/GHD Combo is the ultimate posterior chain development tool.

**USER FRIENDLY:** 200-pound selectorized weight stack in 10-pound increments.

**THERAPEUTIC BENEFITS:** Range of motion provides more lower back stretch during Reverse Back Extension exercise.

**STAYING STRONG:** Constant tension on swing arm means as much effort on the last rep as on the first.

**MAINTAINING FORM:** Leg roller pad provides articulation necessary for proper form.

**EASY, QUICK ADJUSTMENTS:** Pop pins and chrome-plated surfaces make for smooth movements.

**CREATURE COMFORTS:** Rollover pad for less pressure on the hips while doing reps.

**SAFETY FIRST:** Integrated step assists in mounting and dismounting safely and easily.



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Since Legend Fitness is a build-to-order manufacturer, product images may vary from finished equipment.