

REVERSE HYPEREXTENSION

The Maximus Reverse Hyperextension is a **premium posterior chain training** machine engineered to strengthen the **glutes, hamstrings, and lower back** through controlled and biomechanically efficient movement. Designed for commercial fitness facilities and performance training environments, it delivers smooth resistance, enhanced spinal support, and superior movement stability for safe and effective posterior chain development

✦ **Double working positions** with roller placement at ankles or above knees

✦ **Elbow pads with multi-grip handles** for maximum torso stability

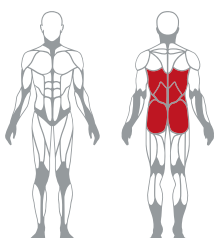
✦ **Physiological resistance curve** for smooth and progressive loading

✦ **Side access platform** for easier entry and positioning

✦ **Counterbalanced lever system** for controlled movement initiation

✦ **Large adjustable thrust roller** for customized movement mechanics

✦ **2 Additional Integrated weight plate storage holders**



Targets gluteus maximus, hamstrings, erector spinae, thoracolumbar fascia, and lumbar muscles

Dimensions (L × W × H): 1540 × 1200 × 1600 mm
Net Weight: 87 kg