

- ◆ 45 degree angle for accurate training. Carriage travels on linear bearing for friction free & smooth performance. Big non-skid high quality rubber foot platform. Ergonomic adjustable seat protects lower back. Inbuilt plate holder allows easy loading & unloading of weight plates. A stopper minimizes risk while performing exercise.

- ◆ **DIMENSION:**
Length : 87 inches / 221 cms
Width : 64 inches / 163 cms
Height : 55 inches / 140 cms

- ◆ **MUSCLE WORKED:**
Glutes
Hamstrings

