

OUTER THIGH

RS-1407



FEATURES

- Range of motion adjustment accommodates starting position
- Starts the body in a forward position to enhance user comfort by positioning the hips for optimal exercise movement while maintaining proper alignment of the spine
- The rearward rocking movement reduces low back stress by allowing the hips to naturally tilt backwards and reducing stress to the spine

SPECS

- Product Dimensions L x W x H:
68.25" (173 cm) x 37.50" (95 cm) x 56.50" (144 cm)
- Product Weight: 631 lbs (286 kg)
- Weight Stack: 190 lbs (86 kg)