Adjustable Hyper-Extension Bench

ES-61A43YR



The Adjustable Hyperextension Bench reflects the core principles of the Essential Strength Line—durability, stability, and intuitive design. Built to support effective posterior chain training, this 45° bench is ideal for targeting the lower back, glutes, and hamstrings with controlled, safe movement. Engineered for full-commercial environments, it combines heavy-duty construction with precise adjustability, allowing users of all levels to train comfortably and efficiently across a variety of exercises.

Key Features & Specifications:

- Commercial-Grade Frame Construction: Main frame: 3.94" × 1.97" × 0.12" flat oval steel tubing All structural components utilize high-quality Q235 steel.

- 45° Fixed Angle Design: Optimized angle supports proper biomechanics and effective posterior chain engagement.

- Stable & Durable Build: Designed for maximum stability during use, ensuring safe and controlled training across all movements.

- Comfort-Driven Components: High-density foam padding provides firm, supportive comfort during use Upholstered with furniture-grade PU leather for durability and easy maintenance Integrated ABS guards enhance durability in high-contact areas

- Advanced Adjustment System: Adjustable foot platform with integrated handle accommodates a wide range of user's Dual guide rail system with linear bearings ensures smooth, secure, and precise adjustments Engineered for long-term structural strength and reliability.

- Net Weight: 123lbs
- Gross Weight: 135lbs

DIMENSION IN INCHES

Height	Width	Length
37.4	36.2	53.1