

## Hyper Extension Adjustable Roman Chair

RRP: \$424.95

Athletes and fitness enthusiasts alike will love this Hyperextension Roman chair by Randy & Travis Machinery. This versatile piece of gym equipment accommodates a wide range of exercises, including ones for your lower back, glutes, abs, core, hamstring, and core. In other words, it's the perfect addition for your home gym. It's the perfect solution for people who have to sit at their desks all day at work. Reboot your posture and flexibility by strengthening and stretching your core and back, relieving your sore muscles of built-up tension with some exercises and building strength with others. Use it for sit-ups and reverse sit-ups, crunches, leg curls, and more! Increase resistance by adding weights to your workout.

Crafted from heavy-duty steel tubing, this Roman chair is built to take whatever you dish out – even if you work out every day. Its easy-to-adjust pad angle and frame length accommodate a wide variety of users and workout types. Foam rollers, rubber handles, a seat pad and sturdy footrests provide a safe, comfortable piece of equipment for your daily exercise regimen. Don't wait to get started building your body for the beach season. Order your Roman chair today!

### Features and specifications:

- Material: Steel, foam, and rubber
- Colour: Black
- Dimensions: 119 x 68 x 82cm (L x W x H)
- Steel thickness: 1.2mm
- Weight: ~12kg
- Durable and comfortable
- Adjustable pad angle and frame length

