380.00 mm

250.00 mm

XMASTER® POSTERIOR CHAIN TRAINER

1 ADJUSTABLE PARTS

1 Incline Adjustment
9 incline levels to match different exercises.

2 Leg Support Position
17 leg support positions to fit different user heights.

3 Zero-Gap Pin Lock
Rotate to lock tightly and reduce movement/play.

4 Gas-Spring Assisted Adjustment
Smoother and easier angle changes.



2 COMMON EXERCISES

A Back Extension
Target: Lower back, glutes, hamstrings.
Rule: Keep a neutral spine and lift under control.



B GHD Sit-Up
Target: Abs, hip flexors, core.
Rule: Start with a short range and progress gradually.



C Nordic Curl
Target: Lower back, glutes, hamstrings.
Rule: Lower slowly and use assistance if needed.



D QL RAISE
Target: Gluteal,lower back,Obliques
Rule:Keep hips fixed, bend sideways and return.



E REVERSE HYPER EXTENSION
Target: Lower back, gluteus , hamstrings.
Rule:Keep torso stable, raise legs to body level.



F PENDULUM ROW
Target: Latissimus Dorsi.
Rule:Keep back straight, pull the handle toward your waist.

