

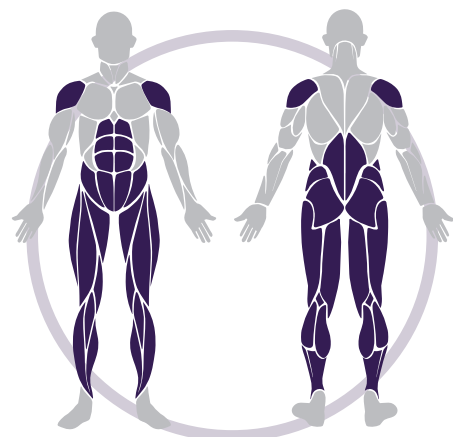


DATA SHEET

HIP & GLUTE

This is a great exercise for the hips and glutes.

Exercisers should lie on their back and allow the machine to gently stretch the hamstrings during the alternate lifting action. The abdominal muscles should be contracting lightly to protect the lower back. To progress, users can join in with the 'push down' movement by activating the gluteal muscles. Users with good flexibility and agility can progress to a sitting position to achieve a stronger stretch through the hamstrings.



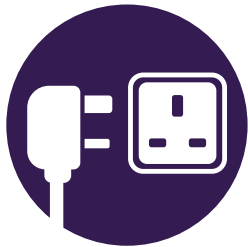
Targeted areas:

Waist, Hips, Abdominals, Arms,
Shoulders, Legs, Glutes, Lower Back.

Technical Specifications



7" smart console offering both quick start and programme options



Power assisted (plug and play installation)



Dimensions:

W90cm x D188cm x H101cm



Weight:

113.4kg



Electrical Specification:

Voltage: 220V/240V (110V-USA)

Amps: 3 Amps per machine

Plug Cable Length: 1.5 metre



Panels:

Side Panels: High impact resistant ABS plastic



Upholstery:

Flame retardant vinyl and resistant to bacteria and moisture EN 1021-&2

innerva
together in motion

Unit 3 Kiln Hill Industrial Estate,
Kiln Hill, Slaithwaite,
Huddersfield, HD7 5JS

✉ email
info@innerva.com

☎ telephone
01484 667474

🖱 website
www.innerva.com