

# LEGEND FITNESS®

## LOW BACK

(Part 907)

- **Seat belt for additional stability.**
- **Steel stack shrouds.**
- **Aviation-grade cabling.**
- **Aluminum diamond plate foot platform.**



### DESCRIPTION

The lower back is an often overlooked muscle group. This area is important for athletes building speed and explosiveness, but also for anyone building core strength. That's why the Low Back machine is at home in athletic training facilities as well as rehab centers.

The adjustable diamond plate footplate allows users to attain proper pivot alignment, which encourages correct lumbar erector extension. A seat belt is also provided for additional stability. The Low Back machine has aviation-grade cables and high-quality pulleys, which means you'll see consistent, smooth movement. It was designed using 3D CAD software, and uses as few bolts as possible. This means the Low Back machine is not only extra rigid, but requires less maintenance.

When you add it all together you will quickly see why the lower back is one of the easiest muscle groups to work.

### WEIGHT STACK INFO

The Low Back machine comes standard with a 300-pound weight stack in 20-pound plates. If that's not enough, a 400-pound weight stack upgrade is available. The upgrade is also in 20-pound increments. This machine features a 40-pound counterbalance to offset the weight of the roller pad and lever arm.



46" L  
38.5" W  
74.25" H



596 lbs.  
Shipping  
Weight



Ships  
Fully  
Assembled



Weight Stack  
Upgrade  
Available