

# Big Iron

## Glute Ham/Reverse Hyper-Extension Bench

Cybex strength-training equipment is a top choice among athletes and teams in the NFL, NBA, NHL, and MLB, as well as the nation's top collegiate athletic programs. Big Iron is part of their arsenal to train great athletes.

### EXTREME STRENGTH

- Choose custom frame color or add your teams logo to match the look and feel of your weight room.
- Designed to survive the heavyweight workouts of the most demanding college and pro athletes.

### FEATURES

- Dual linear bearing track system with foot release ensures easy positioning
- 24 horizontal adjustments spaced 1" (2.5 cm) to accommodate a wide range of athlete sizes
- Knee pad helps to simplify setup and provide security
- 9 vertical adjustments spaced 1" (2.5 cm) provide for progression and athlete fit
- Angled ankle rollers provide for easy foot placement and fit
- Footplate mounted handles allow for anchoring for use as a reverse hyper-extension
- Band attachments provide for the use of bands for added resistance in reverse hyper-extension movements



### SPECIFICATIONS

Product Number	19300
Dimensions L x W x H	32" x 67" x 48" (81 cm x 170 cm x 122 cm)
Machine Weight	225 lbs. (102 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

Upgrade your club with customized Cybex equipment. Visit [mydesign.cybexintl.com](http://mydesign.cybexintl.com)

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