

# MI Back Trainer

## MD-FW52



- ▶ Offers the user 3 different and distinct angles to isolate and target muscles in the lower back (55°, 40°, and 25°)
- ▶ Large pads and skid-resistant foot platform for enhanced stability
- Band hooks Offer optional elastic training for increased resistance as the users range of motion increases

### TECH SPECS

|                                |   |
|--------------------------------|---|
| Overall Dimensions (L x W x H) | 135.5 x 73.1 x 100.1 cm / 53.4" x 28.8" x 39.4" |
| Product Weight                 | 58 kg / 128 lbs                                 |
| Max. User Weight               | 182 kg / 400 lbs                                |
| Max Training Weight            | 45.4 kg / 100 lbs                               |