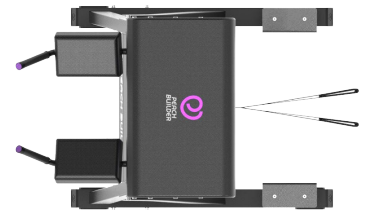


PB PLATE LOADED SERIES

PB407 - REVERSE HYPER



PRODUCT OVERVIEW

The PB407 is a premium plate-loaded strength trainer designed to develop the posterior chain—specifically targeting the gluteus maximus, hamstrings, and spinal erectors. The reverse hyperextension movement focuses on hip extension without placing axial load on the spine, making it ideal for strengthening the posterior chain while reducing lumbar stress. It helps improve hip drive, posture, and overall athletic performance, while also promoting lower-back recovery.

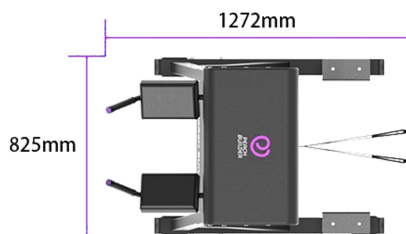
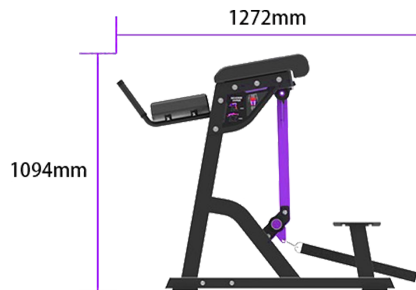
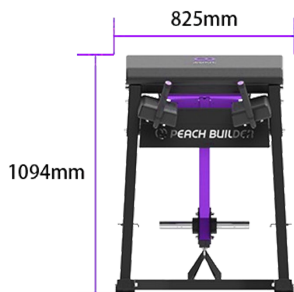
The PB407 follows a biomechanically optimized swinging path that allows the hips to move naturally and freely through the extension phase. The arched torso pad supports the body comfortably while preserving full hip mobility for extended range of motion and deeper muscle activation. The flared elbow pads stabilize the upper body during heavy sets, minimizing unwanted sway. Dual independent ankle straps allow unilateral or bilateral training, accommodating different leg lengths and stance widths. The textured anti-slip footplate ensures stability and safety during mounting and dismounting.

Compact yet powerful, the PB407 offers the full benefits of reverse hyper training in a smaller footprint, maximizing efficiency and versatility for modern training environments.

SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	1343*825*1094mm
Net Weight:	75kg

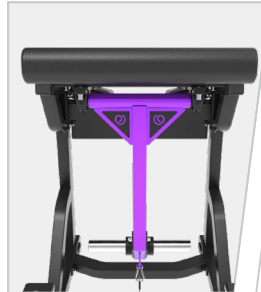


Product Features



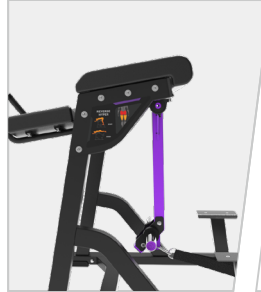
Posterior Chain Focus

Strengthens glutes, hamstrings, and spinal erectors through controlled hip extension.



Spine-Friendly Design

Eliminates axial loading while reinforcing lumbar stability and hip drive.



Natural Swing Path

Biomechanically precise motion ensures smooth and balanced resistance.



Comfort-Stability System

Flared elbow pads and arched torso support maintain alignment and comfort.



Compact Performance Frame

Smaller footprint delivers full reverse-hyper functionality with space efficiency.