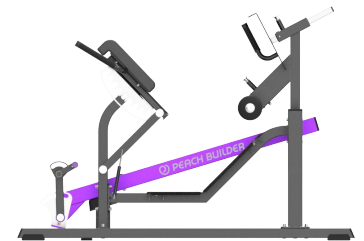
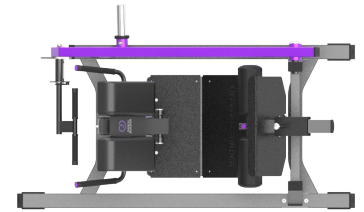


## PB PLATE LOADED SERIES

### PB410 - MULTI HIP EXTENSION



## PRODUCT OVERVIEW

The PB410 is a premium plate-loaded trainer engineered for posterior chain development, targeting the glutes, hamstrings, and spinal erectors. Its design emphasizes hip extension under flexed-knee conditions, which shortens the muscle length while maintaining high tension through the full range of motion—maximizing both gluteal recruitment and eccentric control.

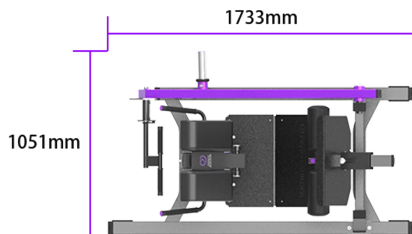
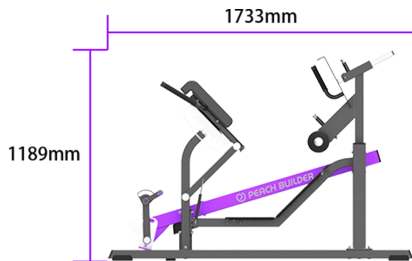
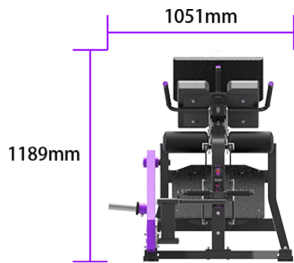
This training approach allows users to strengthen the hip drive mechanism while minimizing lumbar compensation, resulting in improved posture, movement efficiency, and muscular balance. The machine's modular architecture supports multiple lower-body training modes, from functional hip extension to hypertrophy-focused glute and hamstring work.

A 9-position pneumatic leg pad system enables precise height and angle adjustments, ensuring correct alignment across users of varying physiques. The elevated rear footplate, with 5-level adjustment, optimizes knee flexion angles for focused glute engagement. The dual anti-slip footplates—available in flat and angled modes—provide ergonomic stance options, while the flanged edges prevent slippage during heavy lifts. Front-mounted support handles enhance stability and ease of entry and exit.

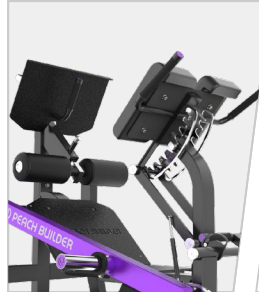
## SPECIFICATIONS & KEY FEATURES

### Specifications

Dimension:	1733*1051*1189mm
Net Weight:	137kg

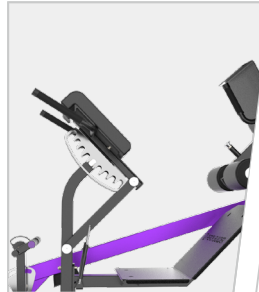


### Product Features



#### Knee-Flexed Hip Extension Mechanics

Enhances glute and hamstring synergy, maintaining muscle tension and improving eccentric control.



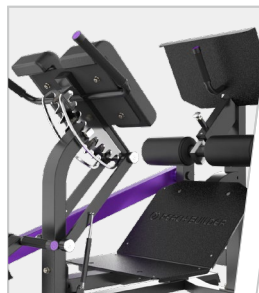
#### Optimized Biomechanical Path

Ensures smooth force transmission while minimizing lumbar stress and compensation.



#### Multi-Angle Adjustability

Pneumatic leg and ankle pads adjust to fit diverse user heights and training postures.



#### Ergonomic Foot Support

Dual footplates with anti-slip flanged design ensure safety and stance stability.



#### User-Friendly Design

Integrated front handles allow easy access and secure positioning during training.