pulsefitness

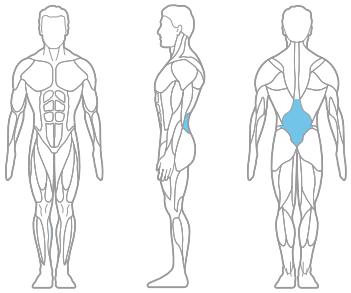
CLASSIC / **STRENGTH**

# 604H Lower Back Extension

## Description

The Pulse Fitness 604H Lower Back Extension is designed to deliver all users a powerful and effective exercise to engage the lower back muscles safely. With adjustable foot plates and range of selector safeguards, this machine is ideal for use as part of a rehabilitation regime for users with existing conditions.

## Muscles Used



## Specifications

| | | |
|---|---|---|
| Length | 120cm | 47 ¼" |
| Height | 150cm | 59 1⁄16" |
| Width | 110cm | 43 5⁄16" |
| Machine Weight | 185kg | 408lbs |
| Weight Increment - Optional | 2.5kg | 5.5lbs |
| Weight Stack - Standard | 80kg | 176lbs |
| Weight Stack - Optional | 100kg | 220lbs |
| Max Weight User | 180kg | 397lbs |

## Key Features

Instructional placards

Lumbar roller pad

Multiple start positions

Foot rests

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## Structure

*Frame Construction*
All Pulse Fitness products are constructed from durable steel that is designed to give exceptional structural integrity and stability even during the most vigorous workout.

*Frame Protection*
Once welded, the frames are treated against corrosion by being grit blasted (for guaranteed durability). They are furnace baked, heat-cured and electrostatically epoxy powdercoated twice (which ensures maximum adhesion and coating thickness). This gives them a tough, corrosive-resistant and easy to clean finish, offering unbeatable reliability and longevity.

*Frame Colour*
Sand Black.

*Weight Stack Tower - Guarding*
The weight stack tower is fully enclosed.

*Shrouds Colour*
Carbon Fibre.

## Operation

*Fully Enclosed Weight Stack Tower / Magnetic and Tethered Weight Stack Pin / Weight Plates / Guide Rods*
The Classic Strength Stations provide users with a low starting weight and yet still have the capacity of a full weight plate range. This means users can build up their workout gradually, whilst the equipment still accommodates the widest possible user group.

The weight stack tower is completely covered to provide the best possible user safety experience (in full compliance with BS-EN standards), protecting bystanders from accidental contact with a moving weight plate.

The front facing shroud is full-length, with a 60mm (2⅜") wide slot, giving access to the 8mm (5/16") diameter, weight stack pin.

The magnetic weight stack pin assures positive locking into the weight plates and is secured to the weight stack via a plastic-coated tether cable. The pin cannot be removed from the machine.

The cast and machined solid-steel weight plates are 15mm (9/16") thick, 5kg (11lbs), with precision fitted self-lubricating nylon bushes. This is to ensure smooth travel on the guide rods which are 20mm (13/16") in diameter, made from steel, precision centreless ground, polished with corrosion-resistant chrome plating for a smooth operation and rust retardation.

The weight stack tower is so positioned to be accessible from a seated position wherever possible.

*Weight Stack Suspension*
Proven rubber bumper damping system.

*Smooth Operation*
Pulse Fitness strength products are renowned for their smoothness of operation.
This results from our precision-engineered transmission system and weight stack tower assembly, which reduces the coefficient of friction and significantly cuts maintenance costs.

*Belt Transmission*
An ultra-modern manufacturing process is required to produce the open-ended steel-reinforced PU-flat belt (measuring 15mm (9/16") x 2.3mm (1/16"). This transmission system is constructed from a modified polyurethane which is lightweight, extremely flexible, has a high strength co-efficient (with a 92 shore A rating) is both hard-wearing and durable. It's virtually corrosion-proof design is due to its metal cores being enclosed within a polyurethane shield. The cores are positioned parallel-to-edge in alignment which increases their combined flexibility. This approach allows the bearing face of the Belt to be made wider and so the machines pulleys are more easily driven. The polyurethane coating, ensures the Belt has anti-slip traction and an efficient power transmission.
All of this technology provides the user with a quiet, smooth operation.

*Enclosed Pulleys and Bearings*
The pulleys are 7.4cm (2 15/16") in diameter. They are constructed from polypropylene that is reinforced with fiberglass and are designed to be convex (both with and without side flanges). These crowned pulleys ensure excellent power transmission and produce a smooth running product.

The pulley's bearings are ABEC-rated, precision ground and have sealed ball bearing races, for added durability and a 'fluid' smooth feel.

The pulley's pivot axles are solid steel supported by 25mm (1") precision moulded bushes that allow for precise alignment and frictionless movement.

*Foot Rests*
Dual non-slip foot rests allow the user to adopt a biomechanically correct exercise posture.

*Range of Motion*
All machines within the range have a full and natural range of motion, which increases flexibility and enhances the muscle's ability to perform.

*Variable Resistance Cams*
The cams purpose is to allow the muscle to be equally worked throughout the exercises range of motion.

*Mouldings*
The injection-mouldings are durable, high impact thermoplastic housings, which seal internal components, protecting the vital parts against dust and sweat, and are easy to wipe clean.

All rubber coverings are durable and have a high impact resistance; they too, are easy to wipe clean.

*Mouldings Colour*
Soft Black.

## Adjustments

*Seat and Lever / Manual Adjustments*
Manual adjustments are made simple via easy-grip, pull spring-loaded, lock-pins that are constructed using a hardened plunger and chrome plated 'tube-in-tube' adjustment assemblies.

*Alignment*
All points of axis and rotation are located so as to enable perfect alignment of body and machine - reducing the risk of training injury.

*Multiple Start Positions*
The user can choose between multiple starting position using a Single Handed Adjuster. This allows for a wide range of both toning and bodybuilding workouts to be undertaken.

## Instructions

*Ease of Use*
Weight selection and all adjustments are simple and easy to make from the exercise position with all positions clearly indexed.

*Graphic Information Panel*
The graphic information panel is designed to show an easy-to-follow, simple step-by-step pictorial instructions. These illustrate the machines setup, the correct operating procedure, user start and finish positions and which identify which muscle groups will be trained during the work-out.

## Comfort

*Upholstery Construction*
The long-lasting, easy-to-clean upholstered support pads and rollers, have a high resistance to: abrasion, ageing, bacteria, disinfectant, mildew, oil and stains. They are puncture, wear resistant and made from premium-quality industrial vinyl. Total thickness is 70mm (2¾").

*Lumbar Roller Pad*
The adjustable lumbar roller pad, both pivots and rotates providing superior, comfort whilst ensuring a user can complete a full range of motion.

*Upholstery Colour*
Slate Black (single black stitching).

*Personal Storage*
At the top of the weight stack tower, there is provision for a users personal storage. The storage dish and bucket have enough room to deposit items like mobile phones, keys & even a water bottle.

## Safety

*Moulded Plastic Foot Pads*
Designed to protect polished floors whilst enhancing safety. Moulded ABS plastic foot pads are supplied as standard.