



We Change Lives from the Core®

LUMBAR X



Lumbar X™

Fundamental Core Training

ABOUT THE LUMBAR X™

The patented LumbarX™ is a versatile piece of equipment designed for development of the lower back, glutes, and hamstrings. A fundamental piece of equipment for core training.

Dimensions:

L 50" x W 32" x H 35"

(127 cm x 81 cm x 89 cm)

Unit Weight: 75 lb (34 kg)

Hinged Pads

- 01 Padding allows for comfortable training sessions and easy on/off dismount on the LumbarX™.

Ergonomic Handles

- 02 Helps you to easily raise yourself up after completing a set.



Telescoping Height

- 03 Adjustable so users of all heights can comfortably and confidently train on the LumbarX™.

Non-Slip Foot Plates

- 04 Train with confidence knowing you're supported by calf-pads and non-slip foot plates.



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