









- The elevation makes mounting and dismounting easier. By elevating the machine it allows the user to perform more advanced exercises that require ground clearance.
- Quiet, ultra-smooth rollers bear the weight of the sliding carriage as the user moves back and forth for a low-impact workout.
- The heavy-duty elastic cords provide 4 levels of resistance.
- Adjustable headrest, along with oversized high density foam shoulder pads, offers additional support.
- Multiple position head rest can be easily locked into place by lifting and changing its position.
- Deluxe, comfortable padded cushion for increased comfort and support.
- Adjustable ropes, straps and hand grips to fit any user.
- Includes 2 Workout DVDs and Workout Wall Chart

Assembled dimensions: 27" tall x 85"long x 20"wide