

# REVOLVE Nordic Curl Bench



## Description

Hamstrings are an essential element of a strong posterior chain. Nordic curls are an incredibly effective tool for developing strong Hamstrings. Generally Nordic curls are quite a tricky exercise to set up, but with the Revolve Floor Nordic Curl these issues are solved. Designed to help you perform these in the safest most effective way, the Revolve Floor Nordic Curl will certainly take your training to the next level.

The Bench Fitness Revolve Floor Nordic Curl is Built Strong like only Bench Fitness can. Built with only the toughest materials this Revolve Floor Nordic Curl is built to last. Fully adjustable leg supports to ensure the Revolve Floor Nordic Curl is usable for all sizes of athletes. Topped with high density foam, the Revolve Floor Nordic Curl is the most comfortable, safest way to perform this challenging movement.

Built Strong as only Bench Fitness can, the Revolve range offers fully customizable colours and branding upon enquiry.

## Features

- Sold in pairs
- Fits all REVOLVE Rigs and Racks
- Multi lock main frame
- Includes 6x Bench REVOLVE Hitch Pins
- High density plastic to protect barbell

## Specifications

Material:	75x75mm Steel Tube
Length:	950mm
Height:	210mm
Width:	760mm
Weight:	21kg each

## Dimensions

