

It's the most versatile of our Cam series machines, this multi-function machine performs four lower body training exercises in a simple and effective manner.

Perform inner or outer thigh movements, knee raises or glute extensions that will help increase your strength and flexibility for day-to-day function or dominant athletic performance.



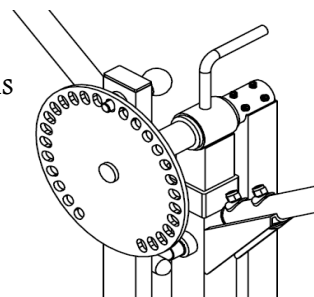
Glute Kickback



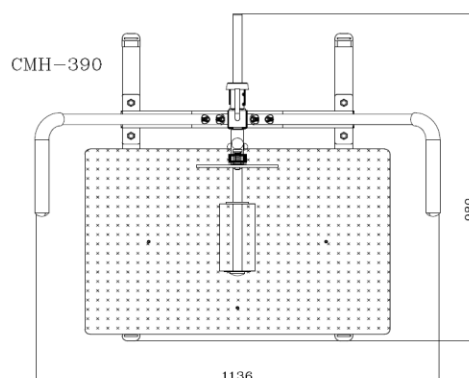
Knee Raise

A pop pin adjustment lets you control your workout by allowing you to extend or limit your range of motion.

27 adjustable positions



An additional pop pin lets you adjust height for proper biomechanical function.



CMH-390

989

1136

Optional

OAS14 - Converts Standard posts to Olympic posts

Heavy-duty nylon with hex bolt lock-down

14" Long

For less plate capacity, check out the 8" Sleeve OA8



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