

# Impulse IT7 Stretch Bench



## Details

The Impulse IT7 Stretch Bench is one of the core pieces within this high performing resistance and strength training range. The IT7 range has been designed with ease of use and ultimate functionality in mind and has been extensively tested by gyms of all types around the globe.

The Stretch Machine targets broad areas of the body including the hips, hamstrings, quadriceps, calves, arms, upper and lower back, plus much more. It enables the user to hit every major muscle group with a gentle but effective stretch post-workout.

Among its many benefits, this kind of stretching machine can effectively help reduce back pain, improve posture, reduce joint and muscle tightness, and supercharge overall flexibility.

- Targets all core muscle groups
- Sturdy construction
- Comfortable padding on seat and knee pads
- Wrist straps