NORDIC ASSIST ATTACHMENT

Unlock the full potential of your Frankenhyper with the Nordic Assist Attachment adding controlled, scalable assisted Nordic hamstring training to an already versatile machine. The Frankenhyper was designed as an industry-first 2-in-1 solution, combining the Glute Ham Raise and the Pendulum Hip Extension into one machine. The Nordic Assist Attachment turns the Frankenhyper Machine into a complete 3-in-1 posterior chain training solution without increasing the machines footprint, saving you floor space and money by not having to buy and place three different machines.

This bolt-on upgrade helps increase your hamstring's durability, building strength and injury resilience in all phases of movement–eccentric, isometric, and concentric–making it invaluable for athletic populations, rehabilitation settings, and for those simply looking to secure the capacity to move upright, cover ground, or carry loads.

SPECIFICATIONS

WIDTH	40"
HEIGHT	60"
DEPTH	14"
ROLLER PAD LENGTH	16"
ROLLER PAD MATERIAL	DOUBLE-STITCHED PREMIUM NAUGAHYDE
WEIGHT	18.5 LBS







