



**DESIGNED FOR**

Training glutes, hamstrings and the midline

**SECURE FOOT POSITION**

Both foot rolls can be adjusted independently ensuring a snug fit for each user

**CUSTOMISED FIT**

Users can easily adjust pad set up for an appropriate fit

**QUALITY AND DURABILITY**

Design and materials carefully chosen to ensure long lasting performance

**SKAI® CUSHIONS**

Gives the look and feel of leather without the wear and tear

## BUILD YOUR BASE

### TRAIN GLUTES, HAMSTRINGS AND THE MID-LINE TO OPTIMISE PERFORMANCE

Our durable Glute Ham Developer is built from high-grade Swedish steel and designed with a solid base underneath so it will stand up the challenges of today's tough training. Knurled handles on the front of the unit ease positioning, use and exit. A range of adjustments allow users to get the perfect fit. Knurled knobs are easy and comfortable to grasp and adjustment mechanisms are simple to operate. The cushions strike the right balance between comfort and support, we use Skai® covering which means our pads are supple, durable and easy to maintain. Non-marking rubber feet protect floors. Our GHD incorporate wheels for easy portability and bolt down holes for added stability. Durable material in the cushions and sturdy black powder coated step-in and foot plate keep the machine looking great with heavy use.

**ARTICLE CODE**

3080011-021

**LENGTH**

1535 mm / 60.43 in.

**WIDTH**

700 mm / 27.56 in.

**HEIGHT**

1275 mm / 50.2 in.

**WEIGHT**

55 kg / 121.25 lbs

**WARRANTY**

6 months-10 years\*

**COLOUR**

Black/Black

**BOLT DOWN HOLES**

Included and Recommended

\* 10 years on: Frame/Weight plates/Guide Rods/Stainless Grips/Bearings/Pins/Hardware (e.g. bolts, nuts, clips, etc.)/Pop-pin Adjustment Spring. 5 years on: Pulleys. 1 year on: Springs/Cables, PUR Upholstery, 6 months on upholstery and wear items. Indoor use only. Normal wear and tear does not fall under warranty.