

POWER LIFT®

POWERFUL IDEAS FOR POWERFUL RESULTS

ROTATING GLUTE HAM BENCH

The purpose of the Power Lift Rotating Glute Ham Bench is to develop the hamstrings, gluteus maximus, gastrocnemius and erector stabilizers for pelvic stability. With our Rotating Glute Ham Bench, the incidences of hamstring pulls are greatly reduced because it works the hamstring at two insertion points. Rotating pads allow the user to get a complete stretch and a complete contraction while larger round rotating pads are designed for user comfort.

KEY FEATURES:

- Handles on footplate
- Rotating thigh pads
- Gas assisted adjustable height ankle restraint and adjustable horizontal position
- Standard band hooks



Overall Dimensions:

60" (L) x 34" (W) x 44" (H)
200 lbs. (Approximate Weight)

Warranty:

Lifetime conditional warranty on frame components. One year on bearings and 90 days on upholstery and items not specified.

Part Number:

29000E

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