

POWER LIFT®

POWERFUL IDEAS FOR POWERFUL RESULTS

FIXED PAD GLUTE HAM BENCH

The Power Lift Fixed Pad Glute Ham Bench helps strengthen the hamstrings, gluteus maximus, gastrocnemius and erector stabilizers for pelvic stability. Unique features include an adjustable angle footplate, injection molded pads for user comfort and an oversized footplate.

KEY FEATURES:

- Fixed thigh pads
- Gas assist adjustable height ankle restraint and adjustable horizontal position
- Unique thigh pads reduce the pressure against the quadricep muscles to create a more comfortable and effective exercise for the Gluteus, Hamstrings and lower back.
- The height of the dual thigh pads enables a wide range of users to perform a manual resistance - reverse back extension exercise, while facing into the pads.
- A tripod frame base design and standard urethane floor bumpers, ensure a stable machine.
- Handles on the footplate allows users to perform a reverse back extension movement.
- Thick grip handles for user comfort.
- Standard band hooks for added resistance



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:

29001B

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