LEGENDFITNESS

GLUTE PRESS

(Part 947)

- · Curvilinear glute activation.
- · Steel stack shrouds.
- Fully upholstered and adjustable hip pad.
- Aviation-grade cabling.
- Fully welded frame.



DESCRIPTION

Grab the best "seat" in the house with the Glute Press. This spacesaving design is easy to use and really gets the job done. A thick pad provides abdominal support and encourages proper spine alignment, while the rubber grips help keep you firmly in place while exercising. The standing exercise position encourages gluteal involvement in a curvilinear path without relying on axial hip alignment. Those are some big words, but all it means is that the Glute Press machine really hits the spot and leaves nothing behind.

WEIGHT STACK INFO

A 150-pound weight stack in 10-pound increments is standard. You can upgrade the weight stack to 200 and 250 pounds (in 10-pound increments) as well.





