

LEGEND FITNESS®

PARTNER GLUTE/HAM DEVELOPER

(Part 3350)

The Partner Glute/Ham Developer is the most affordable posterior chain training tool on the market. Period.

As Louie Simmons and Dr. Yessis have attested, one of the most important areas for athletes to train is the posterior chain: hamstrings, glutes, the lower back, and abdominals. This is where an athlete gets their running speed, acceleration, power, and jumping ability.

This area is often under-trained, as evidenced by frequent hamstring and back injuries in athletes across numerous sports. GHDs provide focused training on the critical posterior chain muscle groups. However, they are often too costly or take up too much floor space for many programs.

Enter the Partner Glute/Ham Developer. Legend Fitness has greatly reduced the material cost without sacrificing a very intense workout. We've swapped the footplate and rollers with a training partner and eliminated the frame altogether.

Already in use by several FBS programs, the Partner Glute/Ham Developer is one of the most attractive GHD options in the industry. It is ideal for those with limited budgets, tight spaces, and/or those that are looking to purchase in large volumes.



58.1" L
68.2" W
103.8" H



31 lbs.
Shipping
Weight



Fully
Assembled