

POSTERIOR CHAIN TRAINING

BOOST QUICK REACTIONARY MOVEMENTS IN ATHLETES.

The importance of a strong posterior chain – low back, glutes, hamstrings, and calves – is at the center of athletic performance training. This area is responsible for explosive response and quick reactions. If you're looking to train the posterior chain, you'll find everything you need right here.

CHECK OUT MORE LEGEND FITNESS INSTALLATIONS ONLINE.

Visit our website to get a look at corporate wellness centers, health clubs, athletic training centers, private gyms, and other showcases from all over the world. See the showcases featured here and more online at www.legendfitness.com/showcases.



University of Central Oklahoma
Oklahoma, USA



Southern Boone High School
Missouri, USA



Legacy High School
Colorado, USA

3412 PRO SERIES GHDH COMBO

Glute/ham developer combined with a reverse extension.
Large channeled pad with ample rollover cushioning.
UHMW grip plate steps on all four corners.
Large marine-grade footplate.
Four sets of grab handles.
Two sets of adjustable/removable resistance band pegs.
Wheels for easy transport.
Eleven distance settings for the footplate.
Six height settings for the footplate.
Two snap link attachment points on swingarm.



Dimensions:
78.75 x 43 x 61.25 in.



Shipping Weight:
531 lbs.



PRO
SERIES

976-GH REVERSE BACK EXTENSION/GHD COMBO

Rollover pad design increases hip comfort.
Range of motion provides more low back stretch than competitive designs.
Leg roller pad provides the articulation necessary for proper form during Reverse Back Extension exercise.
200 lb weight stack.



Dimensions:
62.5 x 41.375 x 55.25 in.



Shipping Weight:
653 lbs.



POSTERIOR CHAIN TRAINING

974 PRO SERIES REVERSE BACK EXTENSION

Two-tier pad design for user stability and breathing comfort.
Rollover pad design for increased hip comfort.
Leg roller provides articulation needed for proper form.
200 lb weight stack.



Dimensions:
62 x 54.75 x 74.25 in.



Shipping Weight:
811 lbs.



PRO
SERIES



Missouri State University
Missouri, USA

976 PERFORMANCE SERIES REVERSE BACK EXTENSION

Rollover pad design for increased hip comfort.
Leg roller provides articulation needed for proper form.
200 lb weight stack.



Dimensions:
50 x 34.75 x 55.25 in.



Shipping Weight:
582 lbs.



PERFORMANCE SERIES
BY LEGEND FITNESS

3214 PRO SERIES GLUTE/HAM DEVELOPER

30-inch wide split pad.
Resistance band pegs.
Linear bearings for ease of adjustment.



Dimensions:
82 x 37 x 50 in.



Fully Welded Frame,
No Fasteners



Shipping Weight:
420 lbs.



PRO
SERIES

7006 YESSIS GLUTE/HAM/BACK DEVELOPER

Designed by the inventor of the GHD.
Provided with an instructional DVD.
Peaked pad design for maximum back and hamstring stretch.
Angled handles for barbell/dumbbell clearance.
Low standover height.



Dimensions:
79.4 x 34.25 x 48.75 in.



Shipping Weight:
279 lbs.



Fully Welded Frame,
No Fasteners



7003 VARSITY GHD

Cost-effective posterior training.
Bolt-together design for lower shipping charges.
Split thigh pad.



Dimensions:
64 x 20.5 x 48 in.



Shipping Weight:
124 lbs.



3130-S PERFORMANCE SERIES GLUTE/HAM/ DEVELOPER

Chrome-plated guide rod and adjustment surfaces.
Resistance band pegs.
Wearguards protect from falling dumbbells.



Dimensions:
69 x 25.5 x 47.25 in.



Shipping Weight:
263 lbs.



3130 SOLID PAD

Same as 3130-S, but with a solid pad.

3350 PARTNER GHD

Cost-effective posterior training.
Wedge feet against a wall or have a partner hold ankles.



Dimensions:
23 x 29 x 12 in.



Shipping Weight:
31 lbs.

