GLUTEBUILDER® PLATE LOADED

Glute Lunge

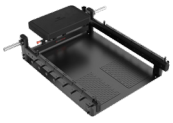
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Developed in partnership with Glutebuilder and exclusively available from Precor, the Glutebuilder line is a full range of products dedicated to targeting the glutes, legs and hip muscles. The precision biomechanics create an exact motion path with smooth, constant resistance ensuring effective and efficient workouts. The multiple adjustment points allow exercisers to find the perfect fit and range of motion for each exercise.

The Glute Lunge is a versatile training platform designed for various lunge movements, sissy squats, and deadlifts. It features an oversized, non-slip footplate and adjustable ankle/calf pads to securely support the exerciser during movement. Additionally, unique front support bars provide enhanced balance for unilaterally loaded movements.





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Product Features

4 MOVEMENTS-IN-ONE

The angled sliding platform slide move along two separate guide rods for a deeper range of motion, and non-slip footplate accommodate popular exercises such as reverse lunges, side lunges, deadlifts, and sissy squats.

ENHANCED STABILITY

The oversized non-slip footplate and the adjustable ankle and calf pads provide a secure foundation for single leg movements, while the two front support bars help exercisers maintain balance during unilateral loaded movement.

INDEPENDENT MOVEMENT ARMS

Movement arms can be connected or independent to allow for training progression and variety, while the dual handle options provide two range of motion options.

EXERCISE VARIETY

Connection points for resistance bands offer exercisers the ability to add progressive resistance to the movement.



Specifications

Dimensions (L x W x H): 84 x 59 x 45 in / 213 x 150 x 114 cm
Product Weight: 463 lb / 210 kg
Max User Weight: 350 lb / 159 kg
Max Lift Load Capacity: 660 lb / 300 kg
Starting Weight: 40 lb / 18 kg
Weight Storage Horns: 2
Recommended Plates: 2 x 45 lb, 2 x 35 lb, 2 x 25 lb, 2 x 10 lb
Frame and Finish: Heavy-duty steel tubing is welded in all structural areas to withstand the most demanding training environments. Powder coated frame.
Warranty: Visit www.precor.com for warranty terms.

Color Options*

Frame

Black Pearl
Gloss Metallic Silver
Gloss White**
Flame Red**

Upholstery

Black

Additional Upholstery Options**

Lite Grey
Graphite
Slate
American Beauty
Candy Apple
All Spice
Bucksuede
Burgundy
Royal Blue
Blue Jay
Chocolate
Hunter Green

*Custom frame colors are available, subject to minimum order quantities and extended lead times.
**Additional lead time applies.

• Additional upholstery options may have longer lead times. Please contact a sales representative.
• Colors may vary.
** Additional lead time applies.

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