

Precor Glute Builder Lunge GPL625

Black Pearl/Black Assembled

The Precor Glutebuilder Glute Lunge is a versatile lower-body machine designed to support a wide array of lunge, single-leg, and squat variations. Featuring independent movement arms, adjustable pads, and a robust, stable design, it offers users the flexibility to perform reverse lunges, side lunges, deadlifts, and sissy squats. Its oversized non-slip footplate, ankle and calf brace system, and front support bars enhance balance and safety—especially during unilateral loading. Whether your goal is glute isolation, muscular balance, or functional strength, this machine adapts to your needs and helps you maintain control through the full range of motion.



Produkt detaljer

Expanded Range of Motion

The angled sliding platform travels along dual guide rods to allow deeper, unrestricted movement and variation, such as reverse lunges, side lunges, deadlifts, and sissy squats.

Stable Underfoot Support

An oversized non-slip footplate paired with adjustable ankle and calf pads ensures a secure base for single-leg work. Two front support bars help maintain balance during unilateral loading.

Versatile Design

Independent movement arms provide training progression and variation options, letting users customize the movement path for each leg.

User-Centric Construction

Designed to provide stability, safety, and intuitive use, even when shifting between different movement modalities.

Spesifikasjoner

Måleenhet

Stykkvis

3064230-GPL625-011A

1730 mm / 68.11 in.

1520 mm / 59.84 in.

1400 mm / 55.12 in.

159,7 kg / 352.08 lbs

