

# Precor Glute Builder Dual Hip Extension GPL724

Black Pearl/Black

The industry's first 45-degree plate loaded hip extension offers multiple foot plates for hamstring and glute training positions, while eliminating the struggle of holding free weights during the movement.



## Produkt detaljer

### Safe and Effective Resistance

Eliminates the need to hold weight plates or dumbbells, reducing risks and simplifying resistance addition during exercises.

### Versatile Training Positions

Offers two training positions: a traditional leg extension with roller pads and a bent-knee variation using an adjustable foot plate, which isolates glutes and minimizes hamstring activation. Freely rotating handles adjust in height to suit all users, allowing for a stable and comfortable exercise setup with arms fully extended.

### Adjustable and Convenient Design

Gas-assisted thigh pads and adjustable roller pads ensure easy customization for each user. Resistance bands can be added to overload the end range of movement. Integrated weight plate storage keeps the training area organized and efficient.

## Spesifikasjoner

Måleenhet  
Stykkvis

3064230-GPL724-011

1550 mm / 61.02 in.

1420 mm / 55.91 in.

1250 mm / 49.21 in.

189,6 kg / 418 lbs

