

Eleiko GHD

Black/PUR

- ✓ **Precise adjustments**
- ✓ **Training variety**
- ✓ **Distinctive details**

Built from high-grade steel with a sturdy base design, the Eleiko GHD is made for demanding and varied training environments delivering long-lasting performance and precision adjustments for the ultimate glute, hamstring and midline training. A range of adjustments allows users to get the perfect fit. Knurled handles on the front ease user positioning, use and exit. Knurled knobs are comfortable and secure to grasp, and simple to operate. Non-marking rubber feet protect floors. Wheels allow for easy portability, and bolt down holes are available for added stability.

Features

Secure Foot Position
Angled foot rollers provide a secure hold while training.

Quality and Durability
Carefully chosen design and materials ensure long-lasting performance.

Customise with Accessories
A knee pad, rubber band attachments and weight pin for counterbalance are available to customise the GHD. They support a more comfortable use, allow for increased resistance when training and ensure GHD stability.

Customised Fit
Users can easily adjust pads to find an optimal and appropriate fit.

Cushion Options
Select our unique PUR cushions for a modern, durable, easy to clean option or Skai cushions for a more traditional look that is supple and wears well.

Specifications

Article code
BD-1-286

Length
1629 mm / 64.13 in.

Width
569 mm / 22.4 in.

Height
1391 mm / 54.76 in.

Weight
70,5 kg / 155.43 lbs

Warranty
6 months-10 years

RAISE THE BAR

ELEIKO