

# Eleiko GHD Bench

Black/Skai Black



- ✓ 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-1-287

### 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

