

SGH500
Glute Ham Machine

Body-Solid
ProClub Line



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Fitness professionals worldwide recognize the Roman Chair & Back Hyperextension for its unsurpassed development of the abdominal, oblique, lower back, glute, and hamstrings. Thick, double-stitched DuraFirm™ pads and oversize 8" foam rollers provide comfort and support. Premium commercial components ensure dependability and reliability even in heavy use, high-traffic gyms and clubs. Stable and solid, the Body-Solid Glute Ham machine is an essential piece for any workout facility.

Dimensions: 51" H x 79"L x 33" W

Special Features

- Vertical and horizontal adjustments ensure proper fit for any size user
- Isolates lower posterior muscles
- Works glutes, hamstrings, calves, abs and obliques in one machine
- Oversized pads for comfort
- Durafirm™ upholstery for durability
- Step for easy access and dismount
- Commercial Rated

