

GPL0617

Glutebuilder Plate Loaded

# Pendulum Kickback



Developed in partnership with Glutebuilder and exclusively available from Precor, the Glutebuilder plate loaded line is a full range of products dedicated to targeting the glutes, legs and hip muscles. The precision biomechanics create an exact motion path with smooth, constant resistance ensuring effective and efficient workouts. The multiple adjustment points allow exercisers to find the perfect fit and range of motion for each exercise.

The Pendulum Kickback machine replicates the popular cable kickback exercise in a more stable, effective way that isolates movement to the hip joint.



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# Pendulum Kickback

### Precision Biomechanics

The pendulum path of motion allows for a large range of hip movement, targeting the glutes by isolating the movement to the hip joint, maximizing flexion and extension.

### Stable for Every Body

Designed to replicate the popular cable kick back exercise, the kneeling starting posture provides a secure base for the exerciser.

### Perfect Fit, Full Range

The pendulum bar easily adjusts allowing exercisers to get the right fit for every exerciser.

### Exercise Progression

Connection points for resistance bands offer exercisers the ability add additional challenge to the movement.

## Specifications

**Dimensions (L x W x H):** 68 x 60 x 55 in / 173 x 152 x 140 cm

**Equipment Weight:** 352 lb / 160 kg

**Max Load Weight:** 220 lb / 100 kg

**Max User Weight:** 350 lb / 159 kg

**Starting Weight:** 9.7 lb / 4.4 kg

**Recommended Weight Plates:** 1 x 45 lb, 1 x 35 lb, 2 x 25 lb, 2 x 10 lb

**Weight Storage Horns:** 1

**Frame and Finish:** Heavy-duty steel tubing is welded in all structural areas to withstand the most severe environments. Powder coated frame.

**Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.



## Color Options\*

### Frame



Black Pearl    Gloss Metallic    Gloss White\*\*

\* Custom frame colors are available, subject to minimum order quantities and extended lead times.

\*\*Additional lead time applies.

### Upholstery



Black

### Additional Upholstery Options\*\*



Grey    Slate    American Beauty    Candy Apple    All Spice    Bucksuede



Burgundy    Royal Blue    Blue Jay    Chocolate    Hunter Green

\* Additional upholstery options may have longer lead times. Please contact a sales representative.

\* Colors may vary.

\*\*Additional lead time applies.