GLUTEBUILDER® PLATE LOADED

Glute Squat

GPL0627

Developed in partnership with Glutebuilder and exclusively available from Precor, the Glutebuilder 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 Glute Squat was designed with a natural, linear exercise motion that isolates and engages the hip and glute muscles throughout the exercise movement. The adjustable oversized footplate allows for various exercises, while the low starting weight facilitates a variety of training options, such as single-leg squats and lunges.

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Product Features

PRECISION BIOMECHANICS

The unique motion path provides a natural, linear exercise motion, emphasizing the hip and glute muscles while reducing quadriceps involvement. The Glute Squat is designed with a resistance profile that challenges the exerciser throughout the entire range of motion, maintaining a balanced weight load from beginning to end.

LIGHT STARTING WEIGHT

A starting weight of just 40 lb/18 kg makes it an ideal training solution for individuals new to strength training while providing advanced exercisers with a wider range of workout options.

PERSONALIZED RANGE OF MOTION

Exercisers can easily adjust the height of the shoulder pads for a comfortable starting position and set their full range of motion. The shoulder pads remain aligned in parallel throughout the entire exercise, providing a comfortable workout for every body.

ADJUSTABLE FOOTPLATE

The oversized, gas-assisted, non-slip footplate can be easily adjusted to three training angles, providing options for glute-focused squats, front squats, single-leg squats, good mornings, and reverse lunges.

EXERCISE PROGRESSION

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

Specifications

Dimensions (L x W x H): 87 x 52 x 64 in / 220 x 132 x 163 cm
Product Weight: 780 lb / 354 kg
Max User Weight: 350 lb / 159 kg
Max Lift Load Capacity: 660 lb / 300 kg
Starting Weight: 40 lb / 18 kg
Weight Storage Horns: 4

Recommended Plates: 4 x 45 lb, 2 x 25 lb, 2 x 10 lb
Frame and Finish: Heavy-duty steel tubing is welded in all structural areas to withstand the most demanding training environments. Powder coated frame.
Warranty: Visit www.precor.com for warranty terms.

Color Options*

Frame

Black Pearl | Gloss Metallic Silver | 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**

Lite Grey | 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.

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