

GLUTE MACHINE

JXL - 504 - RBK - BL

This machine provides superior isolation of the glutes through the hip joint motion by eliminating any movement of the knee.

A curvilinear path focuses on the glutes with contribution from hamstrings & quadriceps.

The X-Plus Series Glute machine provides a maximum weight of up to 165 lbs.



FEATURES

- ◆ **Targeted Glute Activation:** Isolates and strengthens glutes for better tone and lower-body strength.
- ◆ **Adjustable Resistance:** Easily customizable weight stack suits all fitness levels.
- ◆ **Ergonomic Design:** Ensures proper posture, minimizing back strain and maximizing engagement.
- ◆ **Padded Support Areas**
High-density padding provides comfort for the chest and forearms during intense glute workouts.
- ◆ **Multiple Exercise Variations**
Allows for single-leg or alternating-leg glute exercises, adding versatility to workouts.

SPECIFICATIONS

DIMENSIONS:

Length: 48 inches / 122 cms

Width: 40 inches / 102 cms

Height: 58 inches / 147 cms

Weight: 392 lbs / 177 kg

Weight stack: 165 lbs / 75 kg

MUSCLE WORKED: Gluteus Maximus, Gluteus Medius, Gluteus Minimus

COLOUR AVAILABLE: Dark Silver

