

## GLUTE MACHINE

JPRL - 504 - RBK - BL

The Glute Machine from the X-Pro Series is engineered to effectively target and strengthen the gluteal muscles with precision and comfort. It features an adjustable chest pad that supports proper body alignment and posture for users of all sizes. The angled grip handles offer secure hand positioning, enhancing stability throughout the movement. Designed for versatility, the machine includes oversized dual foot platforms, allowing users to perform kickbacks at different angles for maximum glute activation.



### 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: 52 inches / 132 cms  
Width: 42 inches / 107 cms  
Height: 60 inches / 152 cms  
Weight: 451.948 lbs / 205 kg  
Weight stack: 220 lbs / 100 kg

**MUSCLE WORKED:** Gluteus Maximus, Gluteus Medius, Gluteus Minimus

**COLOUR AVAILABLE:** Black.

