



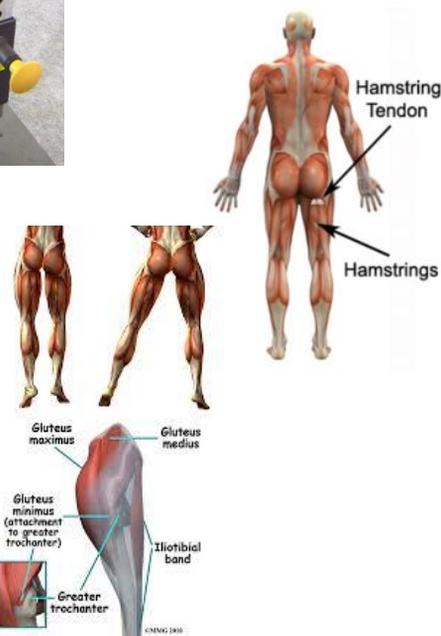
NEO Series

Gluteus Ham Bench NGHB

The Glute Ham Machines

Many gyms now are equipped with special equipment for isolating the glutes and Ham. As you can see in the accompanying photo, this is a great way to isolate those beautiful muscles. The great thing about these machines is that you are locked into position so that you can concentrate fully on contracting those muscles.

Work legs for maximum isolation of the gluteus maximus, medius and minimus.



Mainframe:

12 Heavy Gauge 1.968"×3.937" (50×100×2.5T) Oval Tubing

Frame Finish:

Two-coat powder process, electrostatically applied powder coat finish, metallic silver

Upholstery:

CGPC 2" high density foam with PVC skin and durable double stitched upholstery

Handgrips:

Dipped PVC Handle

Welding:

Continuous welds at all joints.

Bearings:

Commercial rated, sealed bearings at all pivot points

End Cap:

High density molded plastic end caps

Max. User Weight:

264 lbs / 120 kg

Product Weight:

174 lbs / 79 kg

Dimensions(L×W×H):

162× 85 × 117 cm / 64" × 33.5" × 46"

