



Classic Series Glute Ham Bench

SKU: **GG-CLASSIC-008**

Built for focused posterior chain training. The Classic Series Glute Ham Bench targets glutes, hamstrings, and lower back strength with a stable, commercial-grade platform. Its compact footprint fits neatly into busy strength and functional training zones. Glute, hamstring, and lower back training for stronger posterior chain development. Heavy-duty steel frame built for daily commercial gym use. Stable platform supports controlled bodyweight and resistance-based movement. Compact L 129.9 x W 96.9 x H 128.1 cm footprint for efficient gym layouts. 82.5kg product weight helps keep the bench secure during use. Foam padding improves c...

Technical Specifications

Weight	82.5 kg
Length / Depth	129.9 cm
Height	128.1 cm
Width	96.9 cm

