

GLUTE MACHINE

JPRL - 504

The Glute Machine from the Proton 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

COLOURS AVAILABLE: White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.

