

## GLUTE MACHINE

JFL - 5040

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 Jerai Fitness Glute machine provides a maximum weight of up to 165 lbs.



Scan Here  
to Access the Video

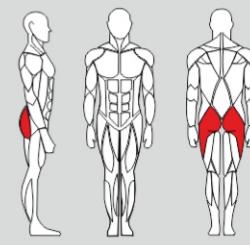
### FEATURES

- ◆ **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: 56 inches / 142 cms  
Weight: 378.3 lbs / 171.6 kg  
Weight stack: 165 lbs / 75 kg



**MUSCLE WORKED:** Biceps Femoris The Semimembranosus, The Semitendinosus

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