



GLUTE HAM

#410836	Length: 58 ⁵ / ₃₂ "	Width: 33 ¹ / ₂ "	Height: 49 ¹ / ₂ "	Weight: 450 lbs.
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Description	Features
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Achieving exceptional results in athletics requires specific training for the glutes, hamstrings and hip regions of our musculature. The Pendulum Reverse Glute-Ham gives the athlete the ability to isolate the glutes or hamstring, or train both simultaneously.

Leg training is a critical component for optimal athletic performance. Options can be very limited when foot, ankle, shoulder, or back injuries occur. The Pendulum Reverse Glute-Ham will optimize your athletic health through a variety of training limitations.

- User friendly, step through design.
- Lever control allows adjustments from the workout position.
- Interchangeable fixed half moon, or roller thigh pad options are available
- Equipped with band attachments
- Adjustable roller height.
- Customizable color options available

Glute Ham Variations

Pendulum



VERSION 1

- 410836
- Fixed footrest
 - Fixed thigh pad
 - No knee pad



VERSION 2

- 410836
420536
- Fixed footrest
 - Fixed thigh pad
 - Knee pad



VERSION 3

- 410836
420559
420536
- Fixed footrest
 - Roller thigh pad
 - Knee pad



VERSION 4

- 410836
420552
- Adjustable footrest
 - Fixed thigh pad
 - No knee pad



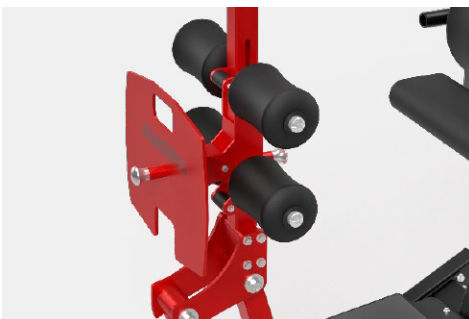
VERSION 5

- 410836
420552
420536
- Adjustable footrest
 - Fixed thigh pad
 - Knee pad



VERSION 6

- 410836
420552
420559
420536
- Adjustable footrest
 - Roller thigh pad
 - Knee pad



Adjustable Footrest



Roller Pads



Knee Pad