



Description

The Body Image Elite™ Glute Ham machine allows the athlete to simultaneously lengthen and strengthen the hamstrings.

Designed to accommodate a larger, more developed physique, this machine results in strengthened hamstrings at both the knee joint and the hip joint – and it helps with injury prevention, particularly ACL tears, and lower body imbalances.



Dimensions

1.4m x 1.2m x 1.2m

Warranty

*frame / welds / weight plates / guide rods: 5 years
pulleys / bearings / bushings: 5 Years
labor / upholstery / grips: 6 months*

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