

GLUTE TRAINER

VST600-PL78



FOR LASTING DURABILITY & INCREDIBLE RESULTS

Our glute trainer station helps dedicated strength training enthusiasts build muscle while improving hip hinge function, all without the discomfort and hassle of balancing free weights on their hips. It's been tested to withstand over a million reps, more than four times the industry standard, and refined ergonomics keep even the most intense sets comfortable. Best of all, our ultra-stable design is as easy-to-use as it is low-maintenance.

- Optimized user positioning lets users securely and comfortably mimic hip bar thrusting
- Maximum effective resistance of 222 kg / 489 lbs.
- Molded polyurethane foam pads and contoured touchpoints for comfort
- Extra-large, non-slip platform provides secure and comfortable foot placement
- Built-in band pegs allow for resistance training

FRAME

Frame Color	Matte Black
Frame Finish	Proprietary two-coat powder process

TECH SPECS

Overall Dimensions	123.5 x 145.4 x 106.3 cm / 48.6 x 57.2 x 41.9"
Product Weight	132.5 kg / 292 lbs.
Max. User Weight	150 kg / 330 lbs.
Max. Training Weight	100 kg / 220 lbs.
Starting Resistance	20 kg / 44 lbs.

USER AMENITIES

Instructional Placards	Muscle call outs, start and finish exercise illustrations
Upholstery	Polyurethane molded foam
Elastic Band Peg	Allows elastic resistance training