LEGEND FITNESS®

PRO SERIES GLUTE/HAM DEVELOPER

(Part 3214)

- **30-inch wide split pad.**
- **Resistance band pegs.**
- **Linear bearing-assisted footplate adjustment.**
- **Wearguards protect from falling dumbbells.**
- **Fully welded frame for the maximum rigidity, strength, and durability.**

A strong posterior chain is important for any serious athlete. Glute/ham developers (or GHDs) are unique pieces designed to maximize results. All glute/ham developers are not created equal, however. The Legend Fitness Pro Series Glute/Ham Developer is a top-of-the-line, industrial strength, grand daddy GHD. What makes it so special?

BUILT LEGEND STRONG, ULTRA STABLE, AND WITH COMFORT IN MIND.

The Pro Series Glute/Ham Developer features a fully welded frame. This guarantees a durability and stability that can't be found in bolt-together designs. Our product designers created this with large athletes in mind, using a 32-inch wide pad and footplate. After all, the wider your stance, the more the hips and glutes activate. Mounting and dismounting are easy thanks to a step up plate. Heavy duty polymer wear guards protect the front of the base, so things like dropped weights won't be an issue. Because of this, your Pro Series Glute/Ham Developer will last for years.

Upholstered ankle rollers keep users stable and comfortable throughout the exercise. The split thigh pad features a half moon design. Therefore, users have a greater sense of stability and there is less sliding compared to rolling thigh pads. A knee pad at the base of the thigh pad offers extra stabilization. All upholstered parts are made from dense foam padding and finished with 32-ounce stain-resistant vinyl.

SMOOTH MOVES, EASY ADJUSTMENTS, AND BUILT-IN VERSATILITY.

The Pro Series Glute/Ham Developer is fully equipped with eight linear adjustments on tandem solid guide rods with four linear bearings. As a result, it is smooth, and one-handed footplate adjustments are a snap! Dual resistance band anchor points add an extra element of variety.

70.5" L
32.75" W
54" H

420 lbs.
Shipping
Weight

Fully
Welded
Frame

Ships Fully
Assembled