

# LEGEND FITNESS®

## GLUTE/HAM DEVELOPER

(Part 3130-S)

- Chrome plated guide rod and adjustment surfaces.
- Resistance band pegs.
- Wearguards protect from falling dumbbells.

The glutes and the hamstrings are where the athlete generates his speed, power and explosiveness. Unfortunately, for most athletes, the quadriceps are far better developed than the hamstrings, resulting in a lot of pulled hammies on the playing field. Develop strength where it really matters with one of the industry's leading glute/ham developers: the Legend Fitness Glute/Hame Developer. A perennial best seller, the 3130-S makes lots of friends as a result of its robust construction and incredible value.

Features include a diamondplate footplate that is quick to adjust for height and length thanks to quality pop pins and chrome plated adjustment surfaces, a chrome plated guide rod to keep things from binding when adjusting for length and also to lend stability during exercises, a welded frame featuring resistance band pegs and heavy duty wear guards on the upper surfaces, mount/dismount handles with foam rubber grips and a thigh pad constructed of quality 32-oz. upholstery over dense foam padding that won't break down even after heavy usage. Also available as an extra cost option are a set of wheels on the back and a foam rubber grip handle in the front so that the 3130 can be quickly rolled away, providing a flexible floorspace.

Also available with a solid pad as item number 3130.



69" L  
25.5" W  
47.25" H



263 lbs.  
Shipping  
Weight



Ships Fully  
Assembled