



Total Glute™

Complete Glute Training in a Compact Design



ABOUT THE TOTAL GLUTE™

The all-new and patent pending Total Glute™ is a revolutionary way to train all parts of the glute muscles on one machine. Perform a core stabilizing Glute Medius abduction motion with the support of the ergonomic handles. Then move to the platform and use the cable attachments to perform squats, deadlifts and lunges. Maximum versatility in a compact design! The 170 lb weight stack provides a progressive workout for users of all abilities.

Dimensions:

L 63" x W 34" x H 57"
(175 cm x 81 cm x 109 cm)
Unit Weight: 400 lb (39 kg)

Ergonomic Handles

- 01** 1. Elongated handles allow for multiple hand positions during the abduction exercise.

Core Engaged Abduction

- 02** Performing the Abduction exercise while standing allows for increased core and glute activation.



Large Comfortable Platform

- 03** Large platform provides full support while performing all of the cable glute exercises.

Multi functional handles

- 04** Allows you to perform a series of cable exercises including squats, deadlifts and lunges.



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