



# Glute Lift™ Elite



# It's Time to Give your Glute Training a Lift

## ABOUT THE GLUTE LIFT™ ELITE

Glute training is one of the hottest areas in fitness! The patent pending Glute Lift™ Elite allows users of all abilities to effectively train their glutes in a comfortable and non intimidating way. Simply sit on the large seat and strap the wide comfortable belt around your hips. Select the appropriate resistance for you and raise your hips. The ergonomic back pad fully supports you as you comfortably train your way to great glutes!

### Dimensions:

64 x 51 x 58 inches  
(163 x 130 x 147 cm)

Unit Weight: 559 lb (254 kg)

### Ergonomic Back pad

- 01 Ergonomic Back pad for full comfortable support on every rep.

### Elevated Foot Plate

- 02 Elevated foot plate supports the lower body and provides a full range of motion.



### Hip Belt

- 03 Wide Comfortable Hip Belt eliminates stress on the hips.

### Weight Stack

- 04 200 lb weight stack eliminates the need for plates and allows users of all abilities to effectively train their glutes.



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