



The Force USA Glute Ham Developer (F-GHD) engages your glutes, hamstrings, core and back while safely training the spinal erectors to help reduce the risk of back injuries. Built for commercial environments on a sturdy triangular base, its horizontally and vertically adjustable ankle roller pads and 11-position hip pad allow precise muscle targeting.

FEATURES

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Massive 600kg (1322lb) weight rating
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Sturdy triangular base for commercial stability
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Fully adjustable ankle roller pads
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Extra-handle pop-pin roller design

EQUIPMENT SPECIFICATIONS

Compatible Fitness Apps	Force USA app
Adjustability	11 adjustable horizontal positions from hip pad, multiple height adjustment for leg rollers.
Material	Steel
Transport Wheels	Yes
Extra Features	High-density foam padding with commercial rip-stop mesh vinyl. Front handles for support. Band pegs for resistance band training.
Installation	Not included. Please refer to the option for assembly service.
Dimensions	167 (L) x 100 (W) x 125 (H) cm
Product Weight	75kg
Max Load	600kg
Surface Coat	Industrial powder coat