



Plate-Loaded Line  
**HYPER/GHD  
COMBO XL**

Combining our Glute Ham device with our Reverse Hyper, this machine provides a terrific posterior chain workout while saving you space. Emphasizing hamstring development in knee flexion, this piece also offers secondary work on glutes and calves as a GHD. As a reverse hyper, it works hamstring and lower back as a hinging movement. This movement is great for lower back traction and decompression after a big lower or total body workout. Larger size accommodates bigger athletes. Also available at standard size (#720082).



Bumper plates shown for display purposes only. Not included with unit.

**Features:**

- Pendulum Weight Arm for Hip Extension and Decompression
- Multiple Grip Handles on Footplate
- User-Friendly, Step-Through Design
- Fully Adjustable Rear Footrest
- Custom Color Pad Options
- Intensive Multi-Stage Pretreatment Process for Long-Lasting Powder-Coat Finish



**A full line of posterior chain equipment:**

**MORE STRENGTH PER SQUARE FOOT™**

Ask about our full catalog of premium strength equipment and accessories.



Inverse Curl



Reverse Hyper



Walk-Thru GHD

720080

# Plate-Loaded Line HYPER/GHD COMBO XL

## Specifications:

**FRAME:** 2" X 3" 11-Gauge Structural Steel Tubing

**WEIGHT:** 358 LBS

**DIMENSIONS:** 38" W x 62" H x 72" L

