



Plate-Loaded Line HYPER/GHD COMBO

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 calfs 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.



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

720082

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Specifications:

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

WEIGHT: 414 LBS

DIMENSIONS: 38" W x 55" H x 64" L

