



# WALK-THRU GHD

This Walk Thru Glute/Ham Developer offers structural movement that emphasizes hamstring development in knee flexion, while also providing secondary work on glutes and calfs. Razor curls, back extensions and sit ups are additional movement options. Dynamic's GHD features easy leg length adjustment and height position and an oversized thigh pads to accommodate a variety of athlete sizes.

### Features:

- Pivoting Pad Adjustment
- Vertical Roller Pad Adjustment
- Oversized Thigh Pads
- Frame-Mounted Band Pegs
- Custom Color Pad Options
- Intensive Multi-Stage Pretreatment Process for Long-Lasting Powder-Coat Finish



**PICK YOUR COLORS!**  
Textured or gloss powder coated finish  
**COLOR-MATCHING ALSO AVAILABLE.**

**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



GHD Hyper Combo

720072

Body Weight Line  
**WALK-THRU  
GHD**

**Specifications:**

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

**WEIGHT:** 261 LBS

**COMPONENTS:** UHMV Plastic On All Wear Surfaces

**DIMENSIONS:** 40" W x 51" H x 64" L

