

Body Weight Line ECONOMY GHD

All the features and functions in a light-weight, affordable package. This economic GHD provides the same opportunity for hamstring development along with secondary work on glutes and calfs. Great for home gyms.

Features:

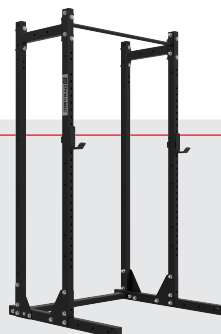
- Black Texture Powder Coat Finish
- Rebound Foam Split Pad
- Integrated Band Pegs
- Adjustable Foot Plate
- Linear Slide Rails
- Conveniently ships in 2 boxes (some assembly required)



More high-quality baseline options

MORE STRENGTH PER SQUARE FOOT™

Get your home gym or training space fully accessorized with Gladiator series & utility equipment.



Gladiator Racks



Utility Bench



Gladiator Rack Accessories

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Body Weight Line

ECONOMY GHD

Specifications:

WEIGHT: 135 LBS

DIMENSIONS: 34" W x 42" H x 70" L

*Made in China

