



PRECOR® | **GLUTEBUILDER®**

INNOVATIVE PLATE LOADED PRODUCTS
THAT TARGET THE GLUTES, LEGS, AND HIPS.

GPL0363

Glutebuilder Plate Loaded

Kneeling Glute Isolator

Precision Biomechanics

The movement minimizes quad and hamstring involvement, while the hip pad keeps the glutes engaged throughout the extension, promoting a full range of motion for the glutes muscles.

Adjustable Knee and Shoulder Pads

The large knee pad, shoulder pad and foot bar easily adjust allowing exercisers to get the right fit for their body and providing stability during the movement.

Weight Storage Horns

Weight horns are positioned at an optimal height for easy loading and unloading of weights and provide storage for extra weight plates.

Specifications

Dimensions (L x W x H): 65 x 59 x 56 in / 165 x 150 x 142 cm

Equipment Weight: 484 lb / 220 kg

Max Load Weight: 220 lb / 100 kg

Max User Weight: 350 lb / 159 kg

Starting Weight: 15 lb / 7 kg

Recommended Weight Plates: 2 x 45 lb, 1 x 35 lb, 1 x 25 lb, 1 x 10 lb

Weight Storage Horns: 1

Frame and Finish: Heavy-duty steel tubing is welded in all structural areas to withstand the most severe environments. Powder coated frame.

Warranty: Visit www.precor.com for warranty terms.



Color Options*

Frame



Black Pearl Gloss Metallic Gloss White**

* Custom frame colors are available, subject to minimum order quantities and extended lead times.

**Additional lead time applies.

Upholstery



Black

Additional Upholstery Options**



Grey Slate American Beauty Candy Apple All Spice Bucksuede



Burgundy Royal Blue Blue Jay Chocolate Hunter Green

• Additional upholstery options may have longer lead times. Please contact a sales representative.
• Colors may vary.

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GPL0551

Glutebuilder Plate Loaded

Deadlift Elite

Independent Movement Arms

The option of connected or independent movement arms, provides a natural feel and greater variety of motion, while the ergonomic design of the dual rotating handles maintains the natural wrist position during movement.

Exercise Variety

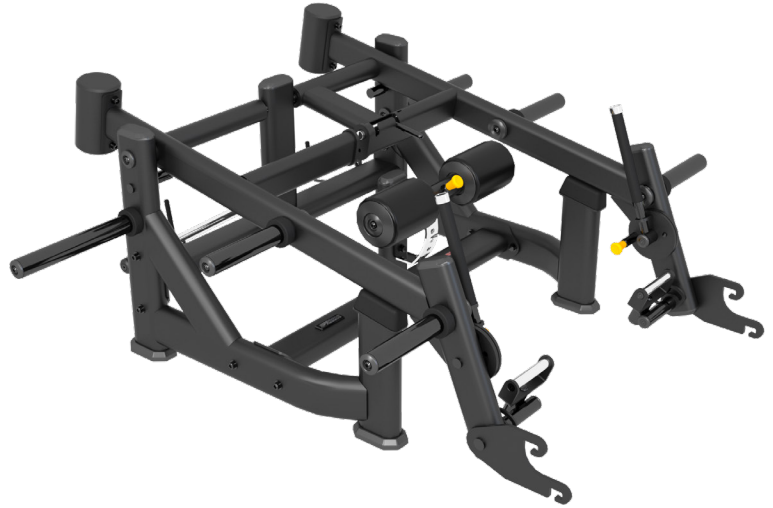
The adjustable roller pad and straight barbell attachment transform this machine into a versatile multi-exercise training platform, allowing for both Bulgarian split squats and traditional barbell deadlifts.

Easier Starts, Lighter Weight

Designed with counter balanced loading arms, for a lower starting resistance weight.

Weight Storage Horns

Two weight horns are positioned at an optimal height for easy loading and unloading of weights and provide storage for extra weight plates.



Specifications

Dimensions (L x W x H): 67 x 74 x 29 in / 170 x 188 x 74 cm

Equipment Weight: 462 lb / 210 kg

Max Load Weight: 880 lb / 400 kg

Max User Weight: 350 lb / 159 kg

Starting Weight (per arm): 31 lb / 14 kg

Recommended Weight Plates: 4 x 45 lb, 2 x 35 lb, 2 x 25 lb, 2 x 10 lb

Weight Storage Horns: 2

Frame and Finish: Heavy-duty steel tubing is welded in all structural areas to withstand the most severe environments. Powder coated frame.

Warranty: Visit www.precor.com for warranty terms.

Color Options*

Frame



Black Pearl Gloss Metallic Gloss White**

Upholstery



Black

Additional Upholstery Options**



Grey Slate American Beauty Candy Apple All Spice Bucksuede



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GPL0612

Glutebuilder Plate Loaded

Hip Thrust Elite

Natural Movement

Designed with a double linear bearing system, the barbell moves freely with the exerciser in both a vertical and horizontal direction throughout the movement.

Non-slip Foot Platform

The unique 3D angled non-slip foot plate provides consistent foot contact throughout the range of motion, while allowing external hip rotation.

Adjustable Back and Shoulder Pads

The shoulder pads and an oversized back pad easily adjust allowing exercisers to get the right fit for their body, provide stability, and improve exerciser technique.

Exercise Progression

Two connection points for resistance bands offer exercisers the ability to enhance exercise variety.



Specifications

Dimensions (L x W x H): 77 x 67 x 51 in / 196 x 170 x 130 cm

Equipment Weight: 550 lb / 249 kg

Max Load Weight: 660 lb / 300 kg

Max User Weight: 350 lb / 159 kg

Starting Weight: 66 lb / 30 kg

Recommended Weight Plates: 4 x 45 lb, 2 x 35 lb, 2 x 25 lb, 2 x 10 lb

Weight Storage Horns: 4

Frame and Finish: Heavy-duty steel tubing is welded in all structural areas to withstand the most severe environments. Powder coated frame.

Warranty: Visit www.precor.com for warranty terms.

Color Options*

Frame



Black Pearl Gloss Metallic Gloss White**

Upholstery



Black

Additional Upholstery Options**



Grey Slate American Beauty Candy Apple All Spice Bucksuede



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GPL0617

Glutebuilder Plate Loaded

Pendulum Kickback

Precision Biomechanics

The pendulum path of motion allows for a large range of hip movement, targeting the glutes by isolating the movement to the hip joint, maximizing flexion and extension.

Stable for Every Body

Designed to replicate the popular cable kick back exercise, the kneeling starting posture provides a secure base for the exerciser.

Perfect Fit, Full Range

The pendulum bar easily adjusts allowing exercisers to get the right fit for every exerciser.

Exercise Progression

Connection points for resistance bands offer exercisers the ability add additional challenge to the movement.

Specifications

Dimensions (L x W x H): 68 x 60 x 55 in / 173 x 152 x 140 cm

Equipment Weight: 352 lb / 160 kg

Max Load Weight: 220 lb / 100 kg

Max User Weight: 350 lb / 159 kg

Starting Weight: 9.7 lb / 4.4 kg

Recommended Weight Plates: 1 x 45 lb, 1 x 35 lb, 2 x 25 lb, 2 x 10 lb

Weight Storage Horns: 1

Frame and Finish: Heavy-duty steel tubing is welded in all structural areas to withstand the most severe environments. Powder coated frame.

Warranty: Visit www.precor.com for warranty terms.



Color Options*

Frame



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Upholstery



Black

Additional Upholstery Options**



Grey Slate American Beauty Candy Apple All Spice Bucksuede



Burgundy Royal Blue Blue Jay Chocolate Hunter Green

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GPL0622

Glutebuilder Plate Loaded

3D Multi-Abductor

Multi-Seat Positions

The multi-position back pad can easily tilt to five different angles, shifting the emphasis from the gluteus maximus to the medius muscles.

Natural Path of Motion

The unique 3D motion path replicates a natural range of motion, allowing hip abduction, external hip rotation, and hip extension. An increased range of motion and optimized resistance profile ensures the glutes are optimally challenged throughout the range of motion.

Easy Entry and Exit

Thigh pads adjust to multiple starting positions to fully engage the muscles and accommodate entry and exit from the equipment.

Weight Storage Horns

Two weight horns are positioned at an optimal height for easy loading and unloading of weights and provide storage for extra weight plates.



Specifications

Dimensions (L x W x H): 72 x 51 x 58 in / 183 x 153 x 147 cm

Equipment Weight: 330 lb / 150 kg

Max Load Weight: 440 lb / 200 kg

Max User Weight: 350 lb / 159 kg

Starting Weight: 11 lb / 5 kg

Recommended Weight Plates: 4 x 45 lb, 2 x 35 lb, 2 x 25 lb, 2 x 10 lb

Weight Storage Horns: 2

Frame and Finish: Heavy-duty steel tubing is welded in all structural areas to withstand the most severe environments. Powder coated frame.

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Color Options*

Frame



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Upholstery



Black

Additional Upholstery Options**



Grey Slate American Beauty Candy Apple All Spice Bucksuede



Burgundy Royal Blue Blue Jay Chocolate Hunter Green

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GPL0724

Glutebuilder Plate Loaded

Dual 45 Hip Extension III

Non-Slip Foot Platform

The non-slip, foot platforms provide multiple stable positions for consistent foot contact throughout the range of motion, allowing exercisers to target either hamstrings or glute muscles.

Stable for Every Body

Adjustable hip pad and starting handle easily adjust allowing exercisers to get the right fit for their body, providing stability during the movement.

Exercise Progression

Connection points for resistance bands offer exercisers the ability add additional challenge to the movement.

Specifications

Dimensions (L x W x H): 61 x 56 x 49 in / 155 x 142 x 125 cm

Equipment Weight: 418 lb / 190 kg

Max Load Weight: 220 lb / 100 kg

Max User Weight: 350 lb / 159 kg

Starting Weight: 24 lb / 11 kg

Recommended Weight Plates: 1 x 45 lb, 2 x 35 lb, 1 x 25 lb, 2 x 10 lb

Weight Storage Horns: 1

Frame and Finish: Heavy-duty steel tubing is welded in all structural areas to withstand the most severe environments. Powder coated frame.

Warranty: Visit www.precor.com for warranty terms.



Color Options*

Frame



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Upholstery



Black

Additional Upholstery Options**



Grey Slate American Beauty Candy Apple All Spice Bucksuede



Burgundy Royal Blue Blue Jay Chocolate Hunter Green

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DBR0712

Discovery™ Series Benches and Racks

Glute Bridge Bench

Multiple exercises, one machine

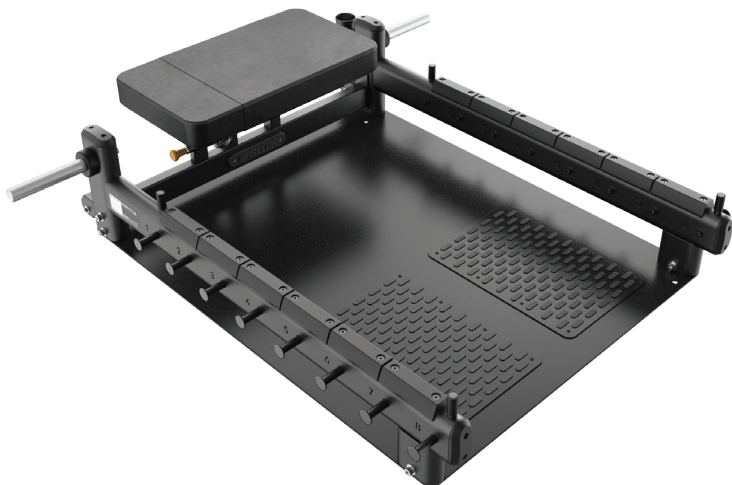
Nine adjustable back pad positions and eight resistance band pegs expand the range of exercises targeting the glutes, legs and upper body.

Focus on confidence

The non-slip footplate ensures that exercisers maintain a stable footing throughout the exercise.

Built-in storage

The integrated vertical barbell storage and weight horns accommodate Olympic and bumper-style plates, providing quick and easy access to plates to keep the training area tidy.



Specifications

Dimensions (L x W x H): 150 x 155 x 38 cm

Product weight: 107 kg

Max. user weight: 159 kg

Max. Lift Load Capacity: 163 kg

Max. storage weight: 120 kg

Weight Storage Horns: 2

Frame and Finish: Heavy-duty steel tubing is welded in all structural areas to withstand the most severe environments. Powder-coated frame.

Warranty: Visit www.precor.co.uk for warranty terms.

Colour options*

Frame



Black Pearl Gloss Metallic Gloss White**

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Upholstery



Black

Additional Upholstery Options**



Grey Slate American Beauty Toffee Apple All Spice Bucksuede



Burgundy Royal Blue Blue Jay Chocolate Hunter Green

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