



FORCE USA Commercial GHR/GHD V2

SKU: COMGHRV2

Product Images





Short Description

Engage your **glutes, hamstrings, core and back** with the **Force USA Commercial GHR/GHD**.

An essential training tool for athletes, this machine has been shown to **reduce ACL / MCL injuries** by helping balance upper leg muscles while also safely training your spinal erectors.

Description

Why should you buy the Force USA Commercial GHR/GHD V2?

EXTREMELY STABLE

The wide triangular base design with thick heavy-gauge steel tubing allows for extra stability so you can load up to a massive **600KG!** The glute-ham raise is a movement that can really help develop your Olympic lifts, as well as your squats and deadlifts. Strong glutes also provide power and strength for walking, running, jumping and cycling.



QUALITY CONSTRUCTION

Designed with thick heavy-gauge steel and finished in environmentally-friendly powder coating, this glute ham raise developer will provide years of hard-wearing use. Offering extreme comfort with durable high-density foam padding and commercial vinyl equipped with a rip-stop mesh backing to help prevent rips and tears.



COMMERCIAL GRADE

Built to handle high volume usage in a commercial environment, the Force USA GHD/GHR consists of a triangular base design and front handle assembly. The ankle roller pads are horizontally and vertically adjustable for peak muscle training, making it a must-have piece of equipment for anyone serious about getting in shape.

INNOVATIVE FEATURES

The Force USA GHD/GHR is packed with innovative features for additional comfort and safety, featuring:

- A simple pop-pin design with extra handles so you can quickly and easily adjust the roller assembly to your desired setting.
- Included band pegs for increasing resistance and faster gains.
- Transport wheels for easy movement in your gym.
- An added platform so you can comfortably and safely get into your workout position.

SPECIFICATIONS

- **Weight Rating:** 600kg
- **Dimensions:** 165cm (L) x 67cm (W) x 124 (H)
- **Ankle adjustments:** 17.75 to 38.5cm



About Force USA:

Leading brand in the sale of **equipment** and **machines** for **strength** and **cardio** training.

Additional Information

Use	Commercial
Colour	Black
Manufacturer	Force USA
Weight (kg)	86.000000
Width cms.	67
Height cms.	124
Large cms.	165
Max Load (kg)	600