

GPL0617

Glutebuilder Plate Loaded

Pendulum Kickback



Developed in partnership with Glutebuilder and exclusively available from Precor, the Glutebuilder plate loaded line is a full range of products dedicated to targeting the glutes, legs and hip muscles. The precision biomechanics create an exact motion path with smooth, constant resistance, ensuring effective and efficient workouts. The multiple adjustment points allow exercisers to find the perfect fit and range of motion for each exercise.

The Pendulum Kickback machine replicates the popular cable kickback exercise in a more stable, effective way that isolates movement to the hip joint.



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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, maximising flexion and extension.

Stable for every body

Designed to replicate the popular cable kickback 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 to add additional challenge to the movement.

Specifications

Dimensions (L x W x H): 173 x 152 x 140 cm

Equipment weight: 160 kg

Max. load weight: 100 kg

Max. user weight: 159 kg

Starting weight: 4.4 kg

Recommended weight plates: 1 x 20 kg, 1 x 15 kg, 2 x 10 kg, 2 x 5 kg

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.co.uk for warranty terms.



Colour options*

Frame



Black Pearl



Gloss Metallic



Gloss White**

Upholstery



Black

Additional Upholstery Options**



Grey



Slate



American
Beauty



Toffee Apple



All Spice



Bucksuede



Burgundy



Royal Blue



Blue Jay



Chocolate



Hunter Green

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

**Additional lead time applies.

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

• Colours may vary.

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