

GPL0363

Glutebuilder Plate Loaded

# Kneeling Glute Isolator



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 Kneeling Glute Isolator was designed to isolate and engage the glutes throughout exercise movement, while the large knee and shoulder pad provide stability.



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# 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](http://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.

\*\*Additional lead time applies.