

GLUTE HAM DEVELOPER

JBR-116

- ◆ The GHD is perfect for building your posterior chain. You can work your glutes, hamstrings, back and abdominals using this versatile bench.

- ◆ **DIMENSION:**
Length : 76 inches / 193cms
Width : 36 inches / 91 cms
Height : 44 inches / 112 cms

- ◆ **MUSCLE WORKED:**
Hamstrings
Glutes
Abdominal Muscles

