

- ◆ This machine provides superior isolation of the glutes through the hip joint motion by eliminating any movement of the knee. A curvilinear path focuses on the glutes with contribution from hamstrings & quadriceps. The Jerai Fitness Glute machine provides a maximum weight of up to 110 lbs.

- ◆ **DIMENSION:**
Length : 48 inches / 122 cms
Width : 40 inches / 102 cms
Height : 56 inches / 142 cms
Weight Stack : 110lbs / 50kg

- ◆ **MUSCLE WORKED:**
Biceps Femoris
The Semimembranosus
The Semitendinosus

