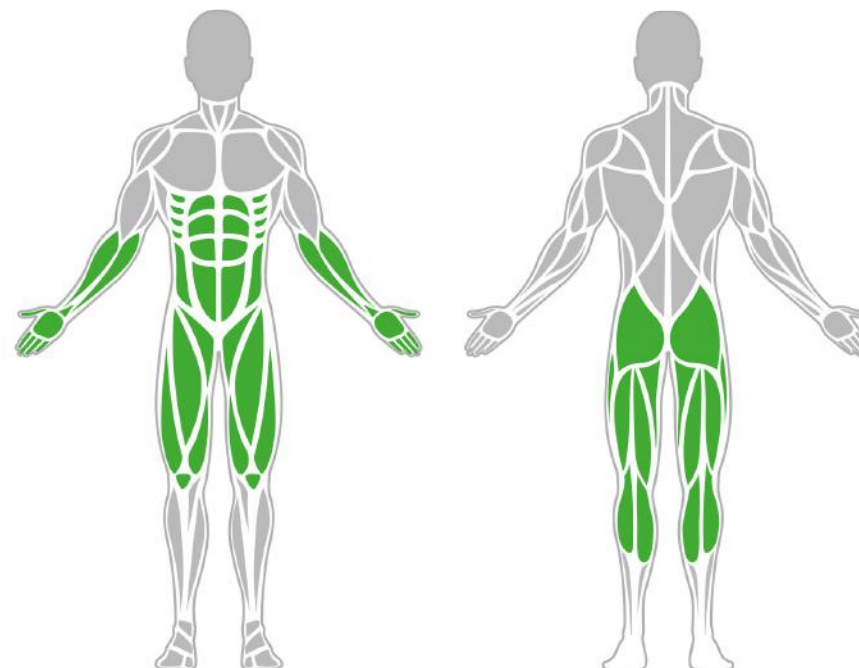




## Muscle Groups Focus



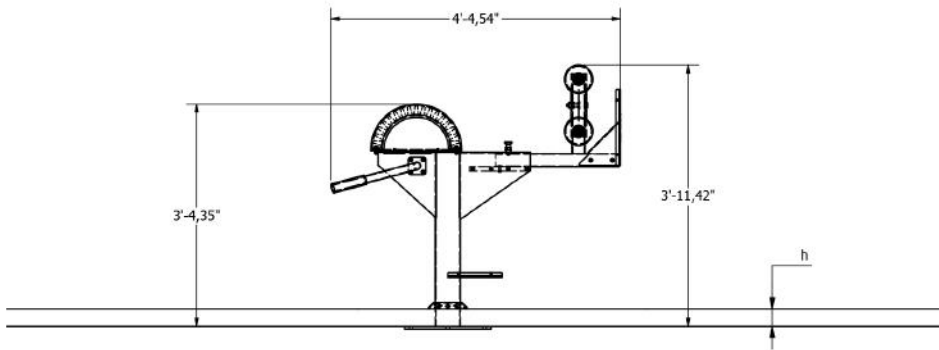
### Glute-Ham Developer Pro

The GHD (glut hamstring developer) allows you to exercise several muscle groups, in particular the gluteus, flexor, lower back and spine muscles. When performing the so-called GHD sit-up, the abdominal muscles and the entire abdominal and lumbar region can be strengthened.

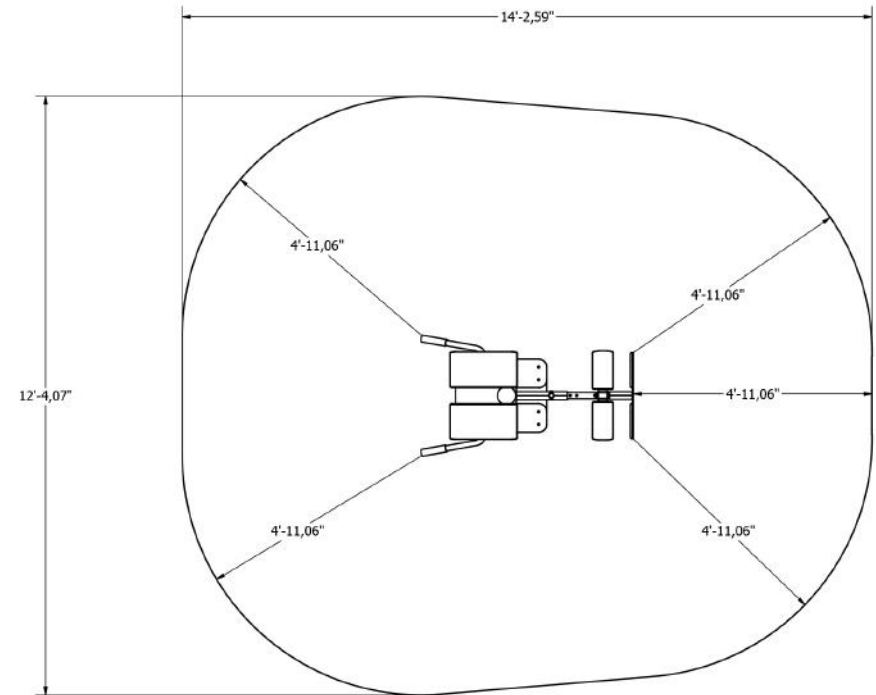
### Attributes

Product code	1-1-162
Certificate	EN 16630, ASTM F3101
Age group	14 + years
Capacity	1 person
Max. weight load	218.26 lbs
Type	Sport Specific
Difficulty level	Medium

## Side View




## Plan View



### Installation information

Number of installers (concrete)	At least 2 people
Total installation time (concrete)	45-75 min.
Number of installers (equipment)	At least 2 people
Total installation time (equipment)	45-60 min.
Excavation volume	17,66 ft <sup>3</sup>
Concrete volume	17,66 ft <sup>3</sup>
Size of the base structure	31.5 x 31.5 x 31.5 „
Anchoring options	In-ground or surface
In combined structures, the volume of concrete required varies.	

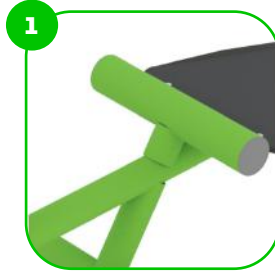
### Technical specification

Safety surface area	Around 4.92 ft radius
Net weight	202.82 lbs
Material	S235,KO33
Critic fall height	47.87”
Color options	
For more color options, discuss with your sales representative.	

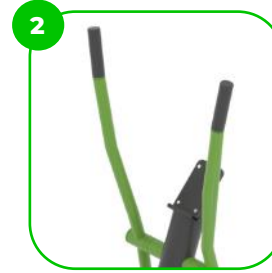
### Warranty

Structure	25 years
Steel	15 years
Paint	2 years
Plastic	5-10 years
Rubber	1-3 years
Moving parts	2 years
Detailed information in the warranty document	

# Material specification



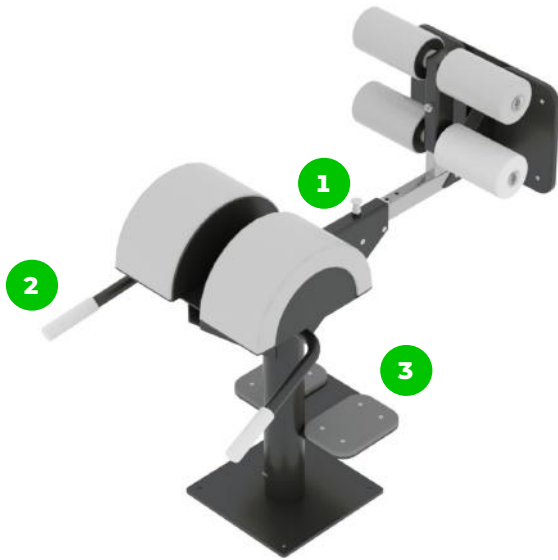
The element is made of high quality S235 steel, which has been cleaned via sandblasting. A corrosion resistant powder coating finish is then applied. Also available with galvanized surface for even greater protection and longevity!



At the end of the arms, the handle is rubber-coated for a more comfortable and secure grip.



The footrests are made of premium quality non-slip HDPE with a high wear resistance.



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