

GLUTEBUILDER® PLATE LOADED

Glute Hack Squat

GPL0613



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 a precise, guided 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 Glute Hack Squat is designed to deliver controlled lower-body training with the ability to shift between glute- and quad-dominant movement patterns. Adjustable backrest and shoulder pads allow exercisers to modify torso position, while a 35-degree movement path reduces joint stress for a smoother, more knee-friendly squat. An angle-adjustable footplate supports stable, personalised positioning across different squat variations, and integrated band pegs enable variable resistance throughout the movement.



 **GLUTEBUILDER®**
PRECOR EXCLUSIVE PARTNER

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Product features

PRECISION BIOMECHANICS

Angle-adjustable backrest and shoulder pads allow exercisers to shift torso position and move between glute- and quad-dominant patterns. A 35-degree movement path reduces joint stress and creates a more controlled, knee-friendly squat.

ADJUSTABLE FOOTPLATE

An angle-adjustable footplate allows exercisers to customise stance and ankle position to target different squat mechanics and muscle emphasis.

EXERCISE VARIETY

Supports additional movements such as calf raises and single-leg squats, allowing exercisers to target additional muscle groups on one machine.



Specifications

Dimensions (L x W x H): 257 x 135 x 137 cm

Product weight: 218 kg

Max. user weight: 159 kg

Max. lift load capacity: 599 kg

Starting weight: 45 kg

Weight storage horns: 4

Recommended plates: 4 x 20 kg, 2 x 10 kg, 2 x 5 kg

Frame and finish: Heavy-duty steel tubing is welded in all structural areas to withstand the most demanding training environments.

Powder-coated frame.

Warranty: Visit www.precor.com for warranty terms.

Colour options*

Frame



Black Pearl



Gloss Metallic Silver



Gloss White**



Flame Red**

Upholstery



Black

Additional upholstery options**



Lite Grey



Graphite



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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