

# COLLEGIATE GHD

The Sorinex Glute Ham Developer (GHD) has been completely redesigned for 2020. Utilizing our 4-way hole technology, the new GHD is multi-functional and accepts most Sorinex Rack Attachments. This is the most versatile GHD on the market. Like most Sorinex machines, the GHD will save you space and increase the adaptability of your weight room. The 3-Way Adjustable Foot Plate allows every size of athlete to move comfortably and securely. Utilize for glute ham raises, back extensions, abdominal work, and more.

## SPECIFICATIONS

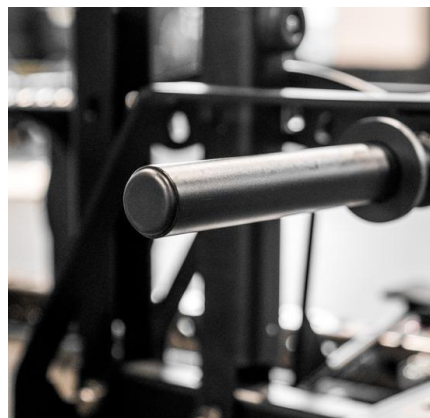
DEPTH	69"
WIDTH	36.5"
HEIGHT	55.25"
WEIGHT	400 LB
PAD HEIGHT	10"
PAD WIDTH	11" Each (2 Pads)
UPHOLSTERY	Double-Stitched Premium Naugahyde
WHEELS	Urethane



## FEATURES



DIAMOND PLATED UTILITY STEP AND FOOT PLATE



INTEGRATED PLATE STORAGE & BAND ATTACHMENT POINTS



3-WAY ADJUSTABLE FOOT PLATE W/ PARALLEL FOOT LEVER