

P3 POOR MAN™ GHD

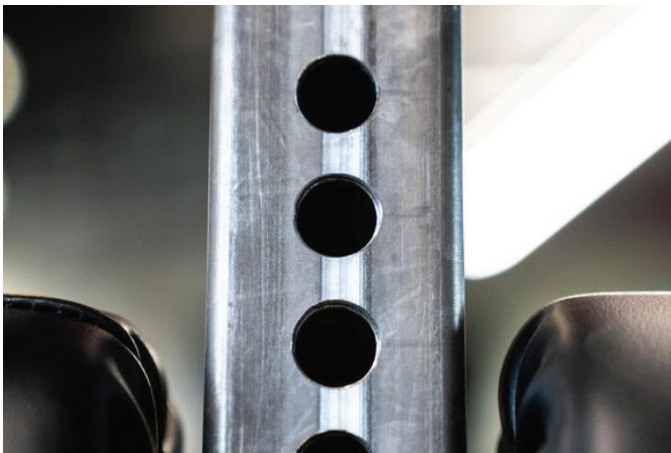
The Sorinex Original P3 Poor Man Glute Ham Developer steps it up with mandrel bent frame tubing for increased structural integrity and wheels for mobility around the weight room. This is one of the best ways to train eccentric and concentric hamstring work. The GHD has advantages for a beginner as the user is only an arm's distance from the ground; however, for stronger athletes, a true Glute Ham raise on this bench is much more difficult than on a typical GHD machine. If you don't have the space for our larger Glute Ham and still need maximum knee flexion and gastroc incorporation, the P3 Poor Man's Glute Ham is it.

SPECIFICATIONS

LENGTH	58"
WIDTH	22"
HEIGHT	19.5"
FLOOR TO TOP OF PAD	9"
WEIGHT	86 LBS
UPHOLSTERY	Double-Stitched Premium Naugahyde



FEATURES



ADJUSTABLE HEIGHT



BLACK URETHANE WHEELS WITH ABEC BEARINGS