



## Description

GHD's has been a staple in any crossfit gym for years and is quickly becoming a must have for any strength and conditioning gym. The Bench Fitness CORE GHD takes the GHD to the next level.

Built using the strongest materials available the CORE GHD is an absolute tank of a machine that won't look out of place in the most hard core gyms around. Comfortable foam leg supports covered in the incredibly durable tear proof leather. The Bench Fitness CORE GHD has fully height and reach adjustable foot supports with massive range of motion. The Bench Fitness CORE GHD also has multiple band peg holes to add extra loading possibilities for your training as well as convenient wheels to make moving the CORE GHD easier than ever.

Built Strong as only Bench Fitness can, the CORE GHD will take whatever you can throw at it for years to come.

## Features

- Matt black powdercoat
- Leg roller height adjustment
- Rear wheels for ease of movement
- Textured vynyl covering
- CORE Band Peg compatible

## Specifications

Material:	75mm x 50mm steel tube frame
Length:	1947mm
Height:	1265mm
Width:	1140mm
Weight:	111kg





## Dimension

