

Classic Series Glute Ham Bench

The Classic Series, Glute & Ham Bench is designed to support focused posterior chain training within commercial gym environments. Built for glute, hamstring, and lower back exercises, the bench provides a stable platform for controlled bodyweight and resistance-based movements. Its robust frame and compact footprint make it well suited to strength areas, performance facilities, and functional training zones where durability and reliable performance are important for daily use.



Durable Design



Foam Padding



Compact Footprint



Stable Platform

Technical Specifications

Rating	Commercial
Product Weight	82.5kg
Frame	Heavy Duty Steel
Dimensions	L 129.9 x W 96.9 x H 128.1 cm

Key Features

Designed for glute and hamstring focused training	•
Commercial-grade construction	•
Compact footprint for efficient gym layouts	•
Stable platform for controlled exercise movement	•
Suitable for strength and functional training environments	•