

GLUTE MACHINE

JFL - 5040

This machine provides superior isolation of the glutes through the hip joint motion by eliminating any movement of the knee. A curvilinear path focuses on the glutes with contribution from hamstrings & quadriceps. The Jerai Fitness Glute machine provides a maximum weight of up to 165 lbs.



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to Access the Video

FEATURES

- ◆ **Targeted Glute Activation:** Isolates and strengthens glutes for better tone and lower-body strength.
- ◆ **Adjustable Resistance:** Easily customizable weight stack suits all fitness levels.
- ◆ **Ergonomic Design:** Ensures proper posture, minimizing back strain and maximizing engagement.
- ◆ **Padded Support Areas**
High-density padding provides comfort for the chest and forearms during intense glute workouts.
- ◆ **Multiple Exercise Variations**
Allows for single-leg or alternating-leg glute exercises, adding versatility to workouts.

SPECIFICATIONS

DIMENSIONS:

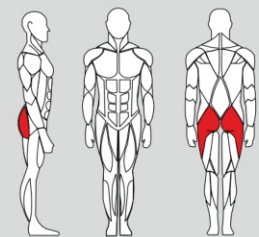
Length: 48 inches / 122 cms

Width: 40 inches / 102 cms

Height: 56 inches / 142 cms

Weight: 378.3 lbs / 171.6 kg

Weight stack: 165 lbs / 75 kg



MUSCLE WORKED: Biceps Femoris The Semimembranosus,
The Semitendinosus

COLOUR AVAILABLE: Black.