



## | Magnum Glute Ham Bench

MG-496

Ideal for glute and hamstring exercises, the Magnum Glute / Ham bench features band hooks and handles for performing reverse hyperextensions. The leg pads feature easy gas-assisted vertical adjustment, and the oversized footplate can be adjusted while the user is in position. A step-through design allows for easy entry and exit, and the frame features a proprietary two-coat powder finish for long-lasting durability.

- Hooks to attach bands for reverse hyperextensions
- Handles to perform reverse hyperextensions
- Leg pads' vertical adjustment is gas-assisted for ease of adjustment
- Leg pads and oversized footplate can be adjusted while in exercise position
- · Step-through design

FRAME	
FRAME FINISH	Proprietary two-coat powder process

TECH SPECS	
OVERALL DIMENSIONS (L X W X H)	157 x 91 x 130 cm / 62" x 36" x 51"
SHIPPING WEIGHT	136 kg / 300 lbs.