

# GLUTE THRUST

## CF-3416



## SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**  
66.5" x 55.3" x 37.6" (169 cm x 141 cm x 95.5 cm)
- ◆ **PRODUCT WEIGHT**  
308 lbs (140 kg)
- ◆ **STARTING WEIGHT (UNLOADED)**  
45 lbs (20 kg)
- ◆ **MAXIMUM WORKOUT WEIGHT**  
225 lbs (102 kg)  
equal to 340 lbs at bar pad (154 kg)
- ◆ **MAXIMUM WEIGHT STORAGE CAPACITY**  
275 lbs (125 kg)

## FEATURES

- ◆ The patented, 4-Bar support system keeps the knees bent, limiting the engagement of the quadriceps to focus on the glutes
- ◆ Oversized, adjustable pad ensures a comfortable and secure user experience
- ◆ Sealed ball-bearing pivots for a smooth and quiet motion
- ◆ Integrated weight storage
- ◆ High Impact Polypropylene covered weight horns to protect frame and reduce noise