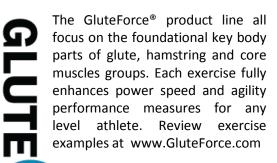


Copyright 2013. Team X LLC. Patentec

Specifications	
Product Features	
Maintenance:	None
Frame Details	11 Gage steel frame. All surfaces receive either a powder coat finish
	or nickel plating to insure long life and maximum durability
Technical Specifications	
Warranty	Limited Lifetime: Structural Welds, Fasteners and Frame
	Two-Year: Bushings, Sliding or Sealed Bearings, Spring Pins
	One-Year: Coating, BOSU, Guide Members
	Ninety-Day: Grips, Pads, Ankle Straps, Carabiner Hardware
	Resistance bands not covered under warranty
Color Options	
Standard	Gray, White, Black
Custom	Several color options are available but will be subject to special pricing
	Please consult with factory for customer color pricing
Timing	
Standard	Please allow 4-6 weeks delivery plus shipping. FOB Indianapolis IN.
Expeditied	Please consult with factory for express delivery

Proudly Made in the U.S.A.

20		8		
222	<u></u>	8		



Domestic Sales: Paula Hornback Paula@gluteforce.com 317-374-0501

You Tube



The industry's latest technology for advancing the GLUTE-HAM-CORE muscle groups.





GluteThruster GF™







Elite GF Nordic Curl® Reverse Glute Extension[™]

- Increases pushing power, speed and agility by strengthening the stride performance and balancing the quad to ham strength ratio
- Includes all **3 exercises** in one piece of equipment: Nordic Curl[™], Reverse Glute Extension, Abs
- Helps **prevent hamstring injury** thru eccentric movements
- No pressure on the knees, back or quadriceps
- 33" W x 79" L x 32" H, Weighs 340 Lbs

GluteThruster GF™





- Targets the Glute–Ham tie in but works the entire posterior chain muscle group
- No more "Rigging up a bar bell" and a bench to balance the weight
- Add plate weights and/or bands for progressive resistance
- Bosu adds additional planes of freedom to strengthen foot to ankle agility muscle groups
- 37"W x 62"L x 26" H
- Weighs 208 Lbs

Nordic Curl®





- Nordic Curl[®] out performs the GHD by pivot point isolation and muscle engagement
- Nordic Curl[®] is knee friendly
- Bosu allows multiple planes of movement to work adjacent muscle groups without cheating
- Accommodates **beginner to advanced** athletes by adjusting the tilt angle
- 33" W x 67" L x 33" H, Weighs 224 Lbs

Additional GluteForce exercises include: bicep curls, lateral shoulder raises, upright rows, bent rows, dips, step ups, inverted pushups, triceps kickbacks Bulgarian squats. See additional information and training videos at www.gluteforce.com