



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.
Expedited	Please consult with factory for express delivery

GLUTE
FORCE®

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The GluteForce is multifunctional and perfect for the facilities seeking an effective use of space. Exercise options focus on the glutes, hamstrings and abdominals. Review exercise examples at GluteForce.com.

Domestic Sales:
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The industry's latest technology for advancing the GLUTE-HAM-AB muscle groups.



Proudly Made in the U.S.A.



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Nordic Curl®



Beginner Level



Advanced Level

- Increases **speed** by strengthening the stride performance
- Helps prevent hamstring injury thru eccentric movements
- Angle adjusts resistance for beginner to advanced athletes
- Isolate the lower hamstring to eliminate cheating
- No pressure on the knees or quadriceps
- Bosu allows multiple planes of movement to engage adjacent muscle groups

Reverse Glute Extension™



- Builds pushing **power** by using the Reverse Glute Extension movement
- Strengthens the stride performance by balancing the quad to ham strength ratio
- Develops the entire gluteal chain and tie in muscle groups
- Add plate weights and/or bands for progressive resistance
- Decompresses the lower back by elongating the torso

Abdominal Crunches



- Develops **agility** by increasing core muscle strength
- Bosu allows multiple planes of movement to engage adjacent muscle groups
- Accommodates beginner to advanced athletes by adjusting the tilt angle

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