

# 060 Gymleco Glute Kickback

010 series, Plate Loaded



The Glute Kickback machine is a common exercise for gluteus maximus. The movement is done with one leg at the time, kicking it back and activating the glutes. This is a fun and effective gym machine for all gyms!

This Glute Kickback is a plate loaded gym machine which means that you load the weight with weight plates. The machine is usually the ladies favorite but of course the guys get also a lot out of doing it. The movement is unique in our machine because first of all it's long and activates the gluteus maximus in a perfect way. In this gym machine you have your body position upright. You stand comfortably on one knee with substantial chest support and the help of a proper handle. One leg is trained at a time.

- Standard frame color: Black
- Standard cushion color: Black or Red
- Long operating range
- 1 weight hangers included
- Easy to set up.

Length	Width	Height	Weight
126 cm	119 cm	133 cm	112,5 kg

No maintenance needs.

**Gymleco®**