



Ghd Bench Diamond



#### Product features:

Maximum User Capacity: 160 Kg

Dimensions Open:

Product weight:

Warranty: 12 months for professional use

Maximum loadable weight:

#### Product description:

The **DIAMOND GHD-P bench** is the new version of the **Glute-Ham Developer bench range**. This new model combines unique performance in terms of stability, smooth and precise adjustments and unique portability.

The GHD is a complete machine for midline stabilization and strengthening of the **hamstrings and glutes** , all in a way that is functionally transferable to an athlete's sport.

The frame is built with a **50 x 100 x 3 mm tubular** with a polymerization oven paint process which guarantees a bright color and long-term rust prevention. The handles have a decorative cover made of aluminum alloy.

The cushions are made with a polyurethane foam process and the super fiber leather surface makes it waterproof and wear-resistant. Distance adjustment is managed on 11 levels; **the trolley moves on 2 rods** with a diameter of 35 mm each with a sliding system on (4) cylindrical ball bearings which guarantee extremely fluid and comfortable movement.

The **rear footplate** , measuring **43 x 30 cm** , is adjustable to 3 distances. The machine also has 2 pins where you can use power bands or any type of training elastic.