

Product Data Sheet

Glute Kick-Back/Hip PLHE

Find out how the PlateLoad Glute Kick-Back machine PLHE will revolutionize the way you train your gluteus, hamstring and quadricep muscles.

Machines have been engineered to work in the natural motion of the body in order to optimise the isolation of the intended muscle groups.



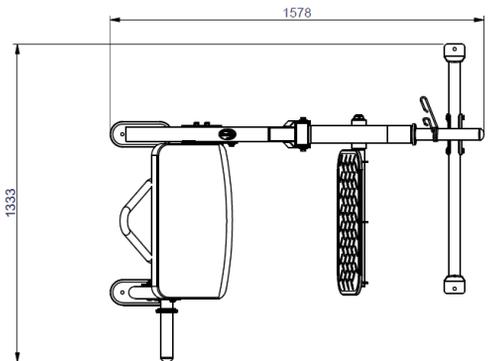
Touched Heart
SteelFlex



muscle groups



**GLUTE EXERCISES
WORKOUTS!**



1578mm/62"(L)x1333mm/52.5"(W)x1804mm/71"(H)

Strength PLATE LOAD Series Specifications

Mainframe	12 Heavy Gauge 50 × 100 × 2.5T Oval Tubing 11 Heavy Gauge 60 × 120 × 3T Square Tubing for PSBP / PSIP / PSDP 11 Heavy Gauge 50 × 100 × 3T Oval Tubing for PLAC 11 Heavy Gauge 60 × 120 × 3T Oval Tubing for PLHE
Frame Finish	Two-coat powder process, electrostatically applied powder coat finish, Black Exterior / Crimson Red Texture
Upholstery	2" Rebonded Scrap Foam + 10mm high density foam with CGPC PVC cold latex leather and durable double stitched upholstery
Handgrips	Dipped PVC Handle
Welding	Continuous welds at all joints.
Bearings	Commercial rated, sealed bearings at all pivot points.

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