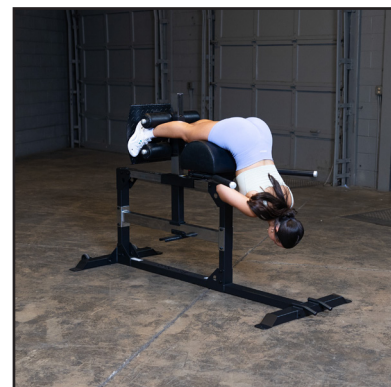
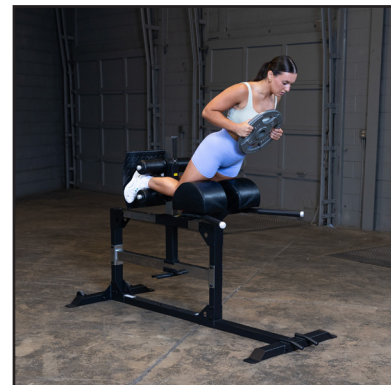


# SGH500B Pro Clubline Glute Ham Machine

Body-Solid®  
Pro Clubline



## SGH500B Glute Ham Machine

The Body-Solid SGH500B Glute Ham Machine effectively isolates and strengthens various muscles across the body, offering multiple movements, such as glute ham raises, hip extensions, back extensions, reverse hyperextensions, Sorenson holds, and GHD sit-ups.

Add even more workout variety thanks to the band pegs at the bottom of the machine, allowing resistance bands or tubes to be used.

The SGH500B features thick, double-stitched DuraFirm™ 7.5" knee & shin pads, oversized foam rollers, plus numerous vertical and horizontal adjustments to find the perfect fit.

Weight: 136 lbs.

Dimensions: 77"L x 33"W x 50"H

## Special Features

- Isolates & strengthens lower back, abs, obliques, calves, glutes, and hamstrings
- Great for glute ham raises, hip/back/reverse extensions and GHD sit-ups.
- Thick, double-stitched DuraFirm knee & shin pads
- Band pegs for use with resistance tubes & bands

## Warranty



Frame & Welds ..... Lifetime  
Bushings and Hardware ..... 3 Years  
Pad, Rollers and Grips ..... 1 Year



Frame & Welds ..... Lifetime  
Bushings and Hardware ..... Lifetime  
Pad, Rollers and Grips ..... Lifetime