



Specifications	
Product Features:	None
Maintenance:	11 Gage steel frame. All surfaces receive either a powder coat finish or nickel plating to insure long life and maximum durability
Frame Details:	
Technical Specifications:	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
Warranty:	
Color Options:	Gray, White, Black
Standard Custom:	Several color options are available but will be subject to special pricing Please consult with factory for customer color pricing
Timing:	
Standard Expedited:	Please allow 4-6 weeks delivery plus shipping. FOB Indianapolis IN. Please consult with factory for express delivery



Copyright 2013. Team X LLC. Patented

The GluteForce® product line all focus on the foundational key body parts of glute, hamstring and core muscles groups. Each exercise fully enhances power speed and agility performance measures for any level athlete. Review exercise examples at www.GluteForce.com

Domestic Sales:
Paula Hornback
Paula@gluteforce.com
317-374-0501



The industry's latest technology for advancing the GLUTE-HAM-CORE muscle groups.



Elite GF



GluteThruster GF™



Nordic Curl®

Proudly Made in the U.S.A.



www.gluteforce.com



Elite GF



Nordic Curl®

Abs



Reverse Glute Extension™

- Increases **pushing power**, **speed** and **agility** by strengthening the stride performance and balancing the quad to ham strength ratio
- Includes all **3 exercises** in one piece of equipment: Nordic Curl™, Reverse Glute Extension, Abs
- Helps **prevent hamstring injury** thru eccentric movements
- **No pressure** on the knees, back or quadriceps
- 33" W x 79" L x 32" H, Weighs 340 Lbs

GluteThruster GF™



- Targets the **Glute-Ham tie in** but works the **entire posterior chain** muscle group
- **No more "Rigging up a bar bell"** and a bench to balance the weight
- Add plate weights and/or bands for progressive resistance
- Bosu adds additional planes of freedom to strengthen foot to ankle agility muscle groups
- 37" W x 62" L x 26" H
- Weighs 208 Lbs

Nordic Curl®



- Nordic Curl® **out performs the GHD** by pivot point isolation and muscle engagement
- Nordic Curl® is knee friendly
- Bosu allows multiple planes of movement to work adjacent muscle groups without cheating
- Accommodates **beginner to advanced** athletes by adjusting the tilt angle
- 33" W x 67" L x 33" H, Weighs 224 Lbs

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