

# Basic GHD

## SPECS

MATERIAL	3x3 11 gauge
HEIGHT	48"
WIDTH	36"
DEPTH	72"
WEIGHT	315 LBS
FOOT PRINT	48" x 36" x 72"
MADE IN USA	YES

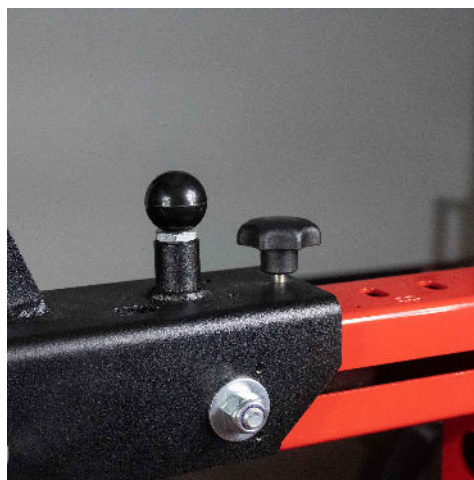


The Basic GHD was designed to be a high-quality Glute Ham Developer Machine but a more cost-effective version than our Alpha GHD Model. The basic model has frame color options but the pads and rollers are always black. This unit is fully constructed out of 3x3 tubing with 1" holes, allowing you to add attachments or logos whenever desired.

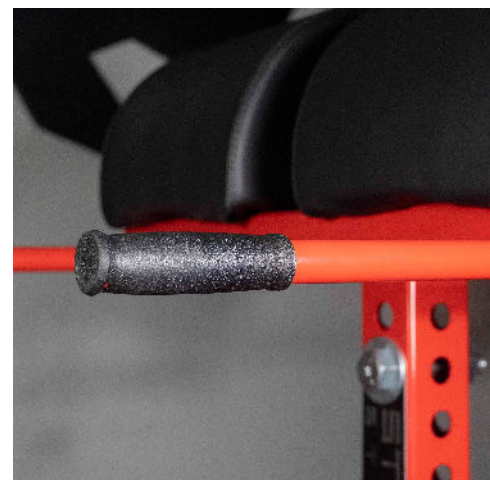
## FEATURES



1" holes all over



Pull Pin Adjustment



Support Handles