

# Glute Ham Roller

## SPECS

Material Tubing	3/16" Steel
Height	3.5"
Width	24"
Depth	13"
Weight	12 LBS
Foot Print	3.5"X 24"X 13"
Made In Usa	Yes

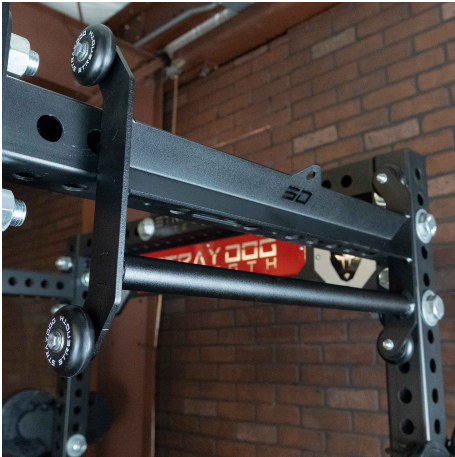


Our Glute Ham Roller has multiple improvements from the standard design sold across the market. We added a hole for carabiners for band assistance or resistance, added storage tabs, removed one of the two round bars and raised the bar up so your knuckles will not drag. If your rack doesn't have 1" holes, the storage tabs will not work but you can store them on our Glute Ham Roller Storage Cart.

## FEATURES



Laser Cut Logo and Carabiner hole



Built in storage tabs for 1" Crossmembers



Raised up 1.325" for hands