

Alpha GHD

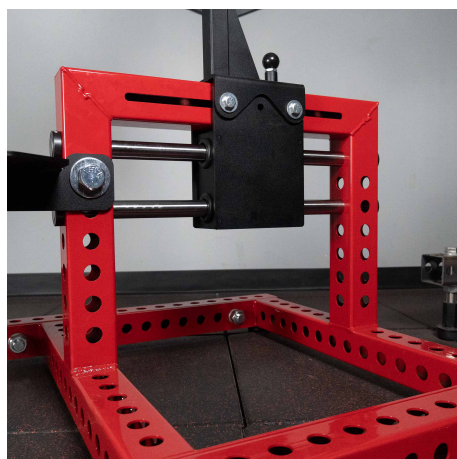
SPECS

Material Tubing	3x3 11 gauge
Height	48"
Width	36"
Depth	72"
Weight	405 LBS
Foot Print	48" x 46"x 72"
Made In Usa	Yes



The Alpha GHD was designed to be a quick adjust machine that is perfect for team training as coaches or athletes can adjust it back and forth for different size athletes in less than 10 seconds. With 4 rollers to lock the ankles in and a footplate to lock in the feet, these units will support athletes for back raises, glute ham raises, decline sit ups and various other movements.

FEATURES



Dual Guide Rod Adjustment



Dual Roller Footplate



Custom Upholstery Options Available