

# The New Direction of Glute Training

# ABOUT THE GLUTE COASTER TL™

The ALL NEW patent pending Glute Coaster TL is the redesign of the super popular Glute Coaster found in facilities worldwide. The smaller footprint and whisper-quiet trackless design is exactly what you've been asking for! The down and back motion of the Glute Coaster TL remains the most effective way to train the glutes in a safe and functional way. The 170 lb weight stack provides a progressive workout for users of all abilities.

### **Dimensions:**

74 x 33 x 65 inches (188 x 83 x 165 cm) Unit Weight: 507 lbs (230 kg)

Training Range: 0-200 lb (0-77 kg)

#### **Ergonomic Handles**

**01** Elongated handles allow for user comfort and multiple grip positions for users of all heights.

#### **Patented Trackless Design**

**02** The down and back motion provides perfect form with every rep



**Comfortable foot rests** 

**03** Large comfortable foot rests provide complete support for the working and resting foot.

## Selectorized Weight Stack

 200 lb (90kg) weight stack provides a progressive workout from beginner to advanced.



