

## Glute Ham



## Product Details

- High density foam covered with 18 oz vinyl
- Features end handles
- Weight: 35 lbs
- Dimensions: 32"L x 24"W (base)
- Dimensions: 10"T x 16"W (upper pad)

## Description

Develop your posterier chain, hamstrings, glutes, and more with Fisher Athletic's Glute Ham.

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