

The PGM200 Glute Master targets the gluteal muscles, the muscles that form the buttocks. Gluteals are one of the main muscle groups responsible for holding your body upright, but they can be tough to isolate and strengthen using traditional gym exercises.

The Powerline PGM200 is designed to target the glutes, hamstrings and quadriceps with controlled movement for total isolation. Now, in the comfort and privacy of your own home, you can target the muscles that form the buttocks and strengthen the muscle group that helps haul your butt through everyday life.

- Works each leg individually for maximum isolation of the gluteus maximus, medius and minimus.
- Adjustable forearm pads slide forward and backward to accommodate users of any height.
- Standard weight horn allows you to load weights to increase resistance and feel the burn.
- Quality rollers, comfortable pads and simple adjustments make this machine easy to use and comfortable for any user.