



Body Solid Multi Hip Machine GCMH390



The Multi Hip from Body Solid is the ideal training tool for the inner and outer sides of the legs as well as the gluteal and lower back muscles.

CHF 599.00

Equipment:

- Training device for the lower extremities and the lower back, hip and buttocks muscles
- height-adjustable, ergonomically shaped leg cushion
- height-adjustable pivot axis for optimized adaptation to different body sizes
- inclination adjustable leg pendulum for various exercise variations (adduction, abduction, gluteus, etc.)
- 2 handles to secure the exercise position
- non-slip base plate

Use: home use, payload: 150kg, max. plate load 40kg

Machine dimensions: L105 x W105 x H130cm, folding dimensions: L148 x W60 x H45cm, weight 36kg

Options: Weight plates with 26mm hole, spring lock

Warranty: 1 year on labor, 10 years on spare parts (excluding consumables).