



CAREFUL, IT GOES STRAIGHT TO YOUR BUTT.

Inspired by the increasing trend of hip thrust exercises seen in various and dangerous executions in gyms today, we developed the Nautilus Glute Drive to safely and smartly isolate glutes, build power through a strong hip bridge motion, improve hip and core stability, and ultimately create sexy glutes. The Glute Drive gives users the full benefits of the hip thrust exercise, simply, safely and with proper biomechanics and balanced load curve while having the added benefit of freeing up benches and barbells for other members. These benefits are universally desirable, important for a wide variety of sports and exercises and are arguably the most important muscles for total athleticism. A comfortable padded belt secures the user to the back pad which supports the full length of the spine for added safety. Users have the ability to load up to four plates on each side which gives the machine a max weight of 360 lbs or utilize the built-in band pegs to modify the max load to their ideal load curve weight. The Glute Drive is an efficient and effective all-in-one solution that makes the hip thrusting motion accessible to everyone.

FEATURES



UPPER BODY PIVOT BENCH
PROVIDES FULL SPINAL
STABILIZATION AND SUPPORT



PIVOT POINT UNDER SHOULDERS
TO SUPPORT PROPER
BIOMECHANICS



OVERSIZED ANGLED FOOT
PLATFORM TO ACCOMMODATE
USERS OF ALL SIZES



ABILITY TO ACCEPT 360 LBS OF
LOAD, (4) 45 LB PLATES PER SIDE

OPTIONAL WEIGHT STORAGE

For added convenience, add the optional weight storage rack to your Glute Drive to store additional weight plates. The added storage is designed to fit tightly with the machine and only increases the product length by 3" (without weight plates).



TECHNICAL SPECS

GLUTE DRIVE

MODEL	OVERALL WEIGHT	WIDTH	LENGTH	HEIGHT
NP-L1131	202 lbs (91.6 kg)	60" (152.5 cm)	62" (157.5 cm)	35" (89 cm)

OPTIONAL WEIGHT STORAGE RACK

MODEL	OVERALL WEIGHT	WIDTH	LENGTH	HEIGHT
731-8296	30 lbs (13.6 kg)	28" (71 cm)	11" (28 cm)	9" (23 cm)

FEATURES

- Upper body pivot bench provides full spinal stabilization and support
- Heavy reinforced padded waist harness provides optimal lifting application
- Oversized angled foot platform to accommodate users of all sizes
- Dual sided safety catch and release mechanism for ease of use
- Bottom dropout safety stop
- Integrated resistance band pegs for modification of load curve
- Commercial Grade dual pivot bearings
- Delrin coated protective wear surfaces on heavy contact and load points
- 3mm Wall thickness industrial grade steel

THE BRANDS MEMBERS ASK FOR BY NAME

Core Health & Fitness is the world's largest marketer and distributor of commercial fitness solutions, offering **top brands for every category**. Our purpose is to **innovate** by sharing our **passion for fitness performance**. To learn more about our portfolio of brands and fitness products visit: corehealthandfitness.com

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