

# THE SMARTER, MORE STABLE TAKE ON HIGH-INTENSITY GLUTE TRAINING

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## GLUTE TRAINER MG-PL78 MAGNUM SERIES

Help users tone muscle, build power, and improve hip and core stability with a smarter, more stable take on high-intensity glute training. Advanced biomechanics maximize activation of the glutes and hamstrings, mimicking bar hip thrusting without the difficulty and discomfort of free weights, and the walk-through design makes it easy for anyone to get started. Refined ergonomics accommodate users of all sizes comfortably, while high maximum resistance (227 kg / 500 lbs.) and elastic band hooks challenge even the most powerful athletes. Like everything from the Magnum Series, the Glute Trainer was engineered and tested to stand up to heavy use in the toughest environments.

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**Contact your local sales rep to  
be one of the first to get the  
Matrix Glute Trainer!**



### SMOOTH, COMFORTABLE FEEL

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Hip pad self-adjusts to fit users of all sizes and creates a smooth, comfortable feel.

### EASY ENTRY AND EXIT

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Approachable walk-through design with swiveling hip pad provides easy entry and exit. A quick-release handle effortlessly disengages the pad.



### EXERCISE STABILITY AND VARIETY

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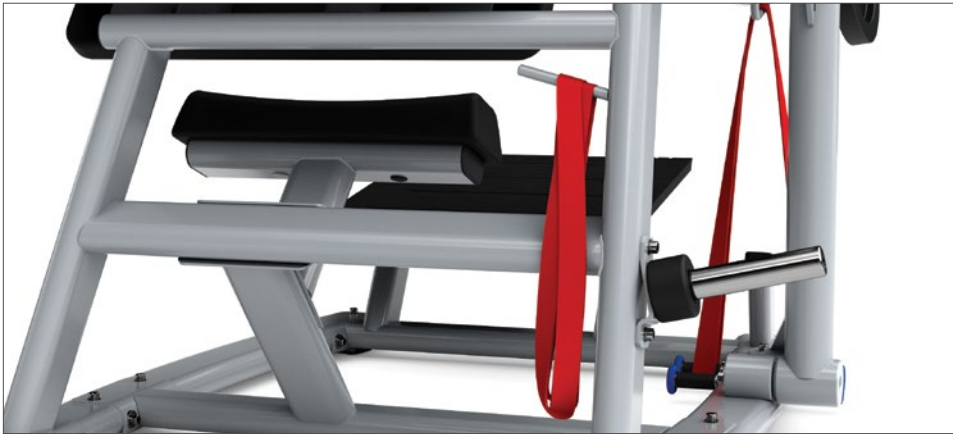
Large, angled foot platform with non-slip surface offers excellent stability and variety to better engage glutes. The ideally angled platform encourages a heel-drive motion.

### DUAL-SIDED BAND HOOKS

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Integrated dual-sided band hooks provide elastic resistance for explosive training, movement variety and progression.





**PLATE AND BAND STORAGE**

Standard weight storage horn and band peg keep plates and bands organized and easily accessible.

**IMPROVED COMFORT**

Oversized shoulder pad provides comfortable torso support.



**ADVANCED BIOMECHANICS**

Advanced biomechanics maximize activation of the glutes and hamstrings, mimicking bar hip thrusting without the difficulty and discomfort of free weights.

**FRAME**

Frame Finish Proprietary two-coat powder process

**TECH SPECS**

Product Weight	154 kg / 340 lbs.
Overall Dimensions (L x W x H)	168 x 133 x 109 cm / 66.5" x 52.5" x 43"
Max User Weight	159 kg / 350 lbs.
Max Training Weight	102 kg / 225 lbs.
Max Effective Resistance	227 kg / 500 lbs.
Starting Resistance	22.7 kg / 50 lbs.