



Glute Trainer

Keystone | VST700-PL78

Our Glute Trainer station helps dedicated strength training enthusiasts build muscle while improving hip hinge function, all without the discomfort and hassle of balancing free weights on their hips. It's been tested to withstand over a million reps, more than four times the industry standard, and refined ergonomics keep even the most intense sets comfortable. Best of all, our ultra-stable design is as easy-to-use as it is low-maintenance.



Product availability may vary by region. Please contact your [local office](#) for more information.

Frame

Frame Color	Matte Black
Frame Finish	Proprietary two-coat powder process

Tech Specs

Overall Dimensions	123.5 x 145.4 x 106.3 cm / 48.6" x 57.2" x 41.9"
Product Weight	132.5 kg / 292 lbs.
Max User Weight	150 kg / 330 lbs.
Max Training Weight	100 kg / 220 lbs.
Starting Resistance	20 kg / 44 lbs.

User Amenities	
Instructional Placards	Muscle call outs, start and finish exercise illustrations
Upholstery	Polyurethane molded foam
Elastic Band Peg	Allows elastic resistance training