

# GLUTE EXTENSION

The **Maxfit Maximus Glute Extension** is a premium commercial glute training machine engineered to deliver powerful and **isolated glute activation** through a biomechanically **optimized standing hip extension** movement. Designed for **functional posterior chain development**, the machine promotes **superior glute contraction**, controlled resistance delivery, and enhanced movement stability while minimizing unnecessary lower back stress.



**Standing hip extension** ✦  
movement for functional  
glute training

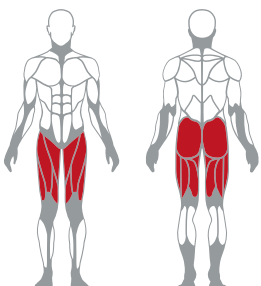
**Unilateral movement** ✦  
pattern for balanced lower  
body development

**Leverage-based  
resistance system** ✦  
for smooth and controlled  
motion

**Enhanced peak  
glute contraction** ✦  
throughout the  
exercise

**Ergonomic chest  
support** ✦  
for upper  
body stabilization

**Strategically  
positioned handles** ✦  
for posture and  
movement control



Targets gluteus  
maximus, hamstrings,  
and posterior chain  
muscles

Dimensions (L × W × H): 1441 × 1124 × 1158 mm  
Net Weight: 57 kg