

**Damien Giles - Powerlifter**  
**Sydney, Australia, Monday, 24 / 9 / '07**

"We are very happy with the build quality and price of your Glute Ham Raise, and it's quickly become a staple of our leg and ab training. I highly recommend it."

**Tom Williams – Powerlifter**  
**Sydney, Australia, Monday, 24 / 9 / '07**

"The Glute Ham Raise works great, once i got the machine set right for me it gave even tension throughout the movement. I also like that I can do my ab work and back extensions on it."

