

GLUTEBURNER Principles

The GluteBurner is a machine developed to build strength in the triple extension movement of the hip, knee and ankle joints of the lower body.

It is also designed to enhance the training of the vertical force application in a running movement.. The unique nature of the GluteBurner is the upright position that the athlete will be in to start the movement. Being in the upright position enables the athlete to work the hip joint through full extension. This can be a limitation on other horizontal leg machines.

One of the most important distinguishing features of the GluteBurner is the use of MyoQuip's Broad Biomechanical Correspondence technology, ensuring constantly increasing resistance throughout the exercise movement. It can be used for enhancing basic strength, muscle mass and explosiveness of athletes anywhere from school to international level.



Operation

To operate the GluteBurner, add the required amount of weight and then assume the correct starting position. The starting position (pictured) should have the leg at roughly 90°, however this can be changed within the adjustable footplate. The athlete then pushes the swing mechanism through to full extension whilst keeping the back straight.



The unique footplate mechanism allows the foot to fully extend into plantarflexion, which simulates what happens whilst running.

The vertical handles at the front of the machine help support the chest and activate the core muscles.

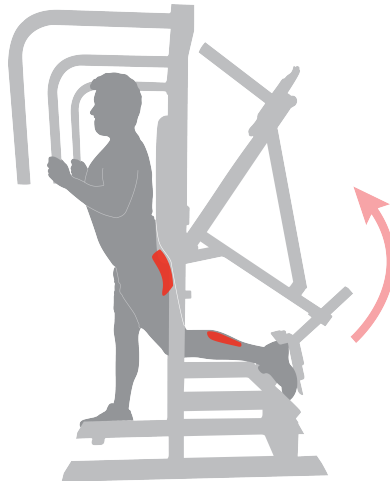
Note that knee joint starting angles below 90° can be used if required.

Unique Characteristics

- Comfortable position throughout the full range of movement.
- Intuitive operation – athletes do not need to be supervised or spend considerable time mastering a complicated movement.
- Vertical body position provides full-range effective activation of the hip and leg extensors.
- Incorporates 'ballistic braking effect' whereby the weight feels heavier as the athlete moves to full extension. This can be ideal for ballistic movements.
- Single leg operation to mimic the running movement.
- Utilises the patented BBC Technology providing effective activation of hip and knee extensors over the full range of movement.
- Pin adjustment bar to change starting position of the footplate, which caters for athletes of any height.
- No danger of athlete being trapped under excessive load.
- Rubber band attachment points for extra resistance.



Start Position



Full Extension



Mid Extension

Specifications

Dimensions: L162cm x H190cm x W117cm (W47cm at Base)

Weight: ~140kg