

PRECOR®

2ND EDITION

GLUTE ZONE GUIDE

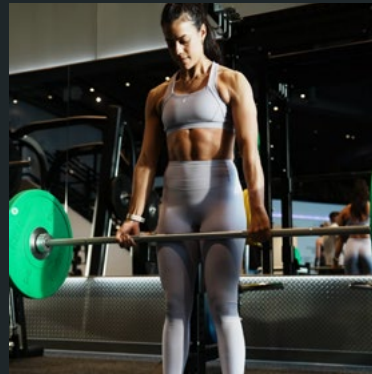
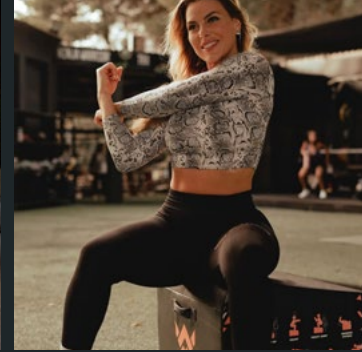
SMART EQUIPMENT
SELECTION

+

DESIGN CONCEPTS

+

PROGRAMMING
IDEAS



DESIGN SMARTER. TRAIN HARDER.

Creating a high-impact glute zone doesn't mean sacrificing space. With smart planning, even compact areas can deliver serious results. Whether it's a full glute zone or a targeted corner, these strategies help every square metre work harder.

SPACE-SAVVY STRATEGIES

- **Flexible layouts**

Smart setups that adapt with your footprint – no matter the facility size.

- **Designed to withstand the grind**

Tough materials. Strong presence. Built to thrive in high-traffic, high-intensity environments.

- **Purpose-built for results**

Designed for those serious about glute training, with equipment that supports focused movement, smart progression, and goal-driven workouts.



CONCEPT ONE

GLUTE FOCUS ZONE

A dedicated glute training zone designed for focused movement, strength and connection. Every piece of equipment is selected to target the glutes and legs with purposeful motion that maximises muscle activation.

WHY IT WORKS

- **An empowering space**

This zone is bold, on trend, and built to attract – driving engagement, boosting membership appeal and making members feel strong and confident.

- **Well-rounded lower body**

From hip thrusts to lunges, each exercise targets different angles of the glutes, hamstrings and quads.



**MAKE SPACE FOR GAINS.
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We started with just a couple of glute-focused pieces mixed into the main floor, which was a good start. But things really took off when we expanded with Glutebuilder® and Precor pieces and created a dedicated glute zone. It's been a huge hit with members. The vibe is different, the energy is strong, and the added privacy has made it even more inviting."

JARED WILLIAMS
CEO, DYNAMIC FITNESS



PRODUCT LIST

CONCEPT ONE GLUTE FOCUS ZONE



BEST SELLER HIP THRUST ELITE

The glute MVP. Simple setup, natural path of motion and unmatched results.



MOST ADDICTIVE BURN PENDULUM KICKBACK

That feel-good glute fire. A kneeling, biomechanically precise rendition of the popular exercise.



HEAVY LIFTER'S FAVOURITE DEADLIFT ELITE

Compact, purpose-built design with multiple grip options for powerful posterior chain work.



KNEELING GLUTE ISOLATOR

An accessible, kneeling hip thrust that targets the glutes without the strain or setup of lying flat.



3D MULTI-ABDUCTOR

Targets the glute medius and minimus through a combination of abduction, extension and external rotation – for true 3D glute engagement.



GLUTE SQUAT

Optimised biomechanics specifically load the glutes and hips.



AN UPGRADED STAPLE DUAL 45 HIP EXTENSION

The only plate loaded hip extension with dual-position adjustability.



GLUTE PRESS

Truly glute-focused. A seated press with a curved path, large footplate and adjustable back pad for optimal alignment and activation.



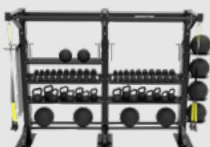
THE ONE-LEG WONDER GLUTE LUNGE

Compact, powerful and versatile for single leg work and supported sissy squats.



MOST VERSATILE GLUTEBUILDER BENCH WITH SQUAT RACK INTEGRATION

Perfect for squats, deadlifts and hip thrusts in a compact space.



DOUBLE FITNESS BAY

An area for mobility, stretching and free-form glute exercises.



STRENGTH STACK

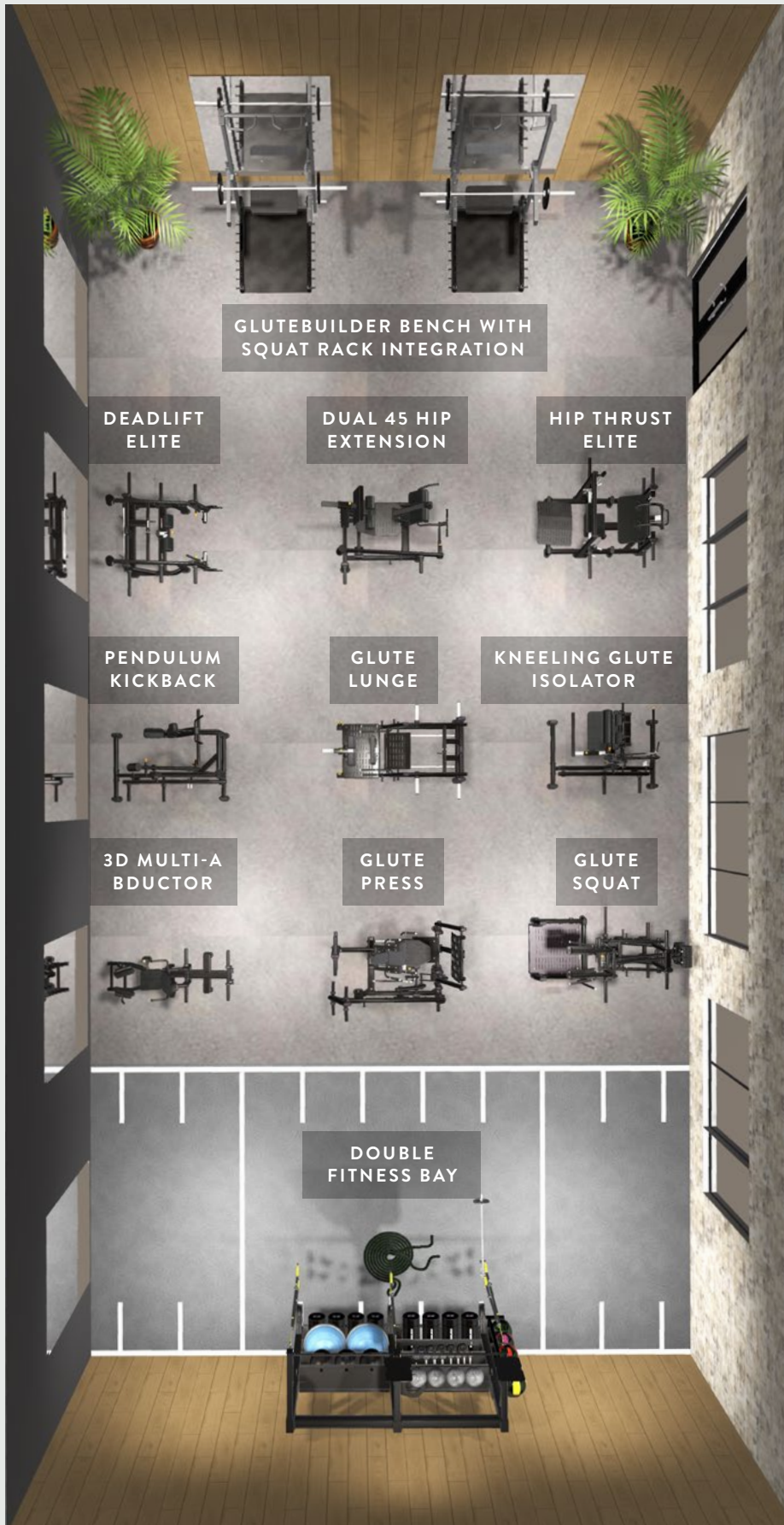
Built for bilateral power in the sagittal plane, this trio drives strength and stability through the posterior chain.



SHAPING PACK

Shape, define and dial it in. These glute-targeting machines fire up movement and build strength from every angle.

FLOOR PLAN



PROGRAMMING SUGGESTIONS

CONCEPT ONE GLUTE FOCUS ZONE

PROGRAMME STRATEGIES

- Host 10-minute pop-ups designed to help members refine technique and progress safely in key glute movements

FOR EXAMPLE

MONDAY – Hip Thrust Form Clinic

WEDNESDAY – Glute Squat and Deadlift Mechanics

FRIDAY – Accessory and Activation Focus (Multi-Abductor, Kickback, Isolator)

- Rotate themed weeks that encourage progression and variety

FOR EXAMPLE

FORM & FUNCTION WEEK – Focus on setup, range of motion and control

GLUTE POWER SERIES – Progressive loading and strength focus on major lifts

ACCESSORY SPOTLIGHT – Highlight targeted isolation techniques for balance and stability

- Use signage or QR codes to provide access to quick set-up demos, movement tips and training progressions to keep the space active and help exercisers learn how to use the equipment confidently



CONCEPT TWO

GLUTE PERFORMANCE ZONE

A hybrid space combining Glutebuilder and Precor equipment for strength, glute development and cardio variety – from steady-state recovery to integrated HIIT programmes on StairClimbers and AMT®s.

WHY IT WORKS

- **Blend of Strength & Cardio**

This space pairs plate loaded strength equipment with functional cardio options like the StairClimber and AMT – supporting glute development through resistance, elevation and low-impact movement that fits any training style.

- **Convenient Variety**

Members can move from heavier lifts to short bursts of running or climbing without leaving the space.

- **Builds Strong Legs & Glutes**

Combining strength training with steady-state cardio supports muscle development and fat burn while helping exercisers build power, improve endurance and shape a strong lower body.



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“We created a dedicated training zone anchored by the Glutebuilder circuit to drive memberships, not just add equipment. By featuring Glutebuilder and select Precor pieces, we aimed to add 40 to 50 new members. We hit that goal in the first month. Three months in, the feedback is overwhelmingly positive, and we wish we had space for a second circuit.”

DION
CEO, NORTH CYPRESS FITNESS



PRODUCT LIST

CONCEPT TWO GLUTE PERFORMANCE ZONE



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Compact, purpose-built design with multiple grip options for powerful posterior chain work.



THE ONE-LEG WONDER **GLUTE LUNGE**

Compact, powerful and versatile for single leg work and supported sissy squats.



UNDERRATED HERO **STAIRCLIMBER**

Great for toning glutes and boosting endurance.



ADAPTIVE MOTION TRAINER®

Supports sprint, climb and glute-focused motion pathways with lower impact on joints.



NEW PRODUCT **BELT SQUAT / STEP-UP**

Prioritises glute and leg strength through hip-loaded squats and step-ups – max power, minimal spinal load.



DUAL ADJUSTABLE PULLEY

Cable exercises such as kickbacks and lateral movements for multi-planar glute activation.



POWER & PERFORMANCE PACK

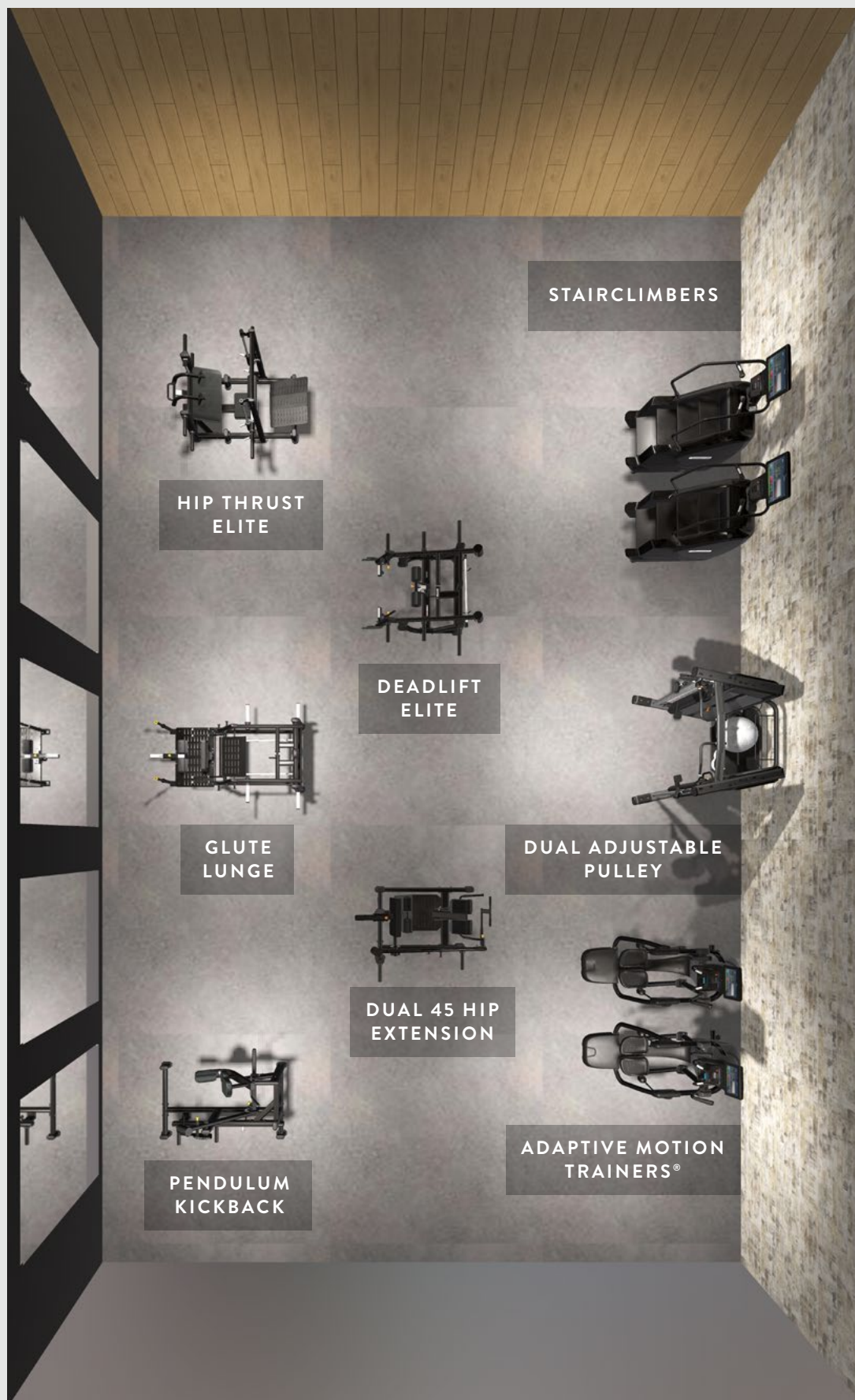
Focused glute activation combined with cardio intervals and cable variety. Your go-to for hybrid intensity.



SCULPT + SWEAT STACK

Sculpt with strength, then move into glute-focused cardio. A full-spectrum burn in one sleek trio.

FLOOR PLAN



PROGRAMMING SUGGESTIONS

CONCEPT TWO GLUTE PERFORMANCE ZONE

PROGRAMME STRATEGIES

- Create workouts of the day or short-term programme activations such as Power Hour or Endurance Day to keep participation high

Other activation theme ideas:

RACE-READY WEEK – Strength and conditioning inspired by hybrid race training. Combine sled pushes, step climbs and compound lifts for total performance.

MAX STRENGTH DAY – Focus on heavy, glute-dominant lifts with recovery.

STRENGTH + MOTION CIRCUIT – 20-minute workout of the day floor activations that blend compound strength work with short cardio intervals.

- Schedule Open Coaching Hours weekly so staff can offer form checks, answer questions, and build relationships that lead naturally to personal training conversions
- Run a three-week focus on one compound movement (Hip Thrust or Belt Squat) progressing load and complexity each week toward a final performance check
- Promote activations and outcomes through social media, email and in-club displays



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CONCEPT THREE

BREAKAWAY™ GLUTE ZONE

An instructor-led training concept that brings energy, structure and results to small-group training. The Breakaway™ Treadmills and Glutebuilder® stations pair together to deliver a blend of cardio intensity and strength work focused on the glutes and lower body.

WHY IT WORKS

- **Built for Group Performance**

This zone is designed for instructor-led small group training and fosters community, motivation and measurable progress through synchronised intervals of push, lift and box work.

- **Complete Training Experience**

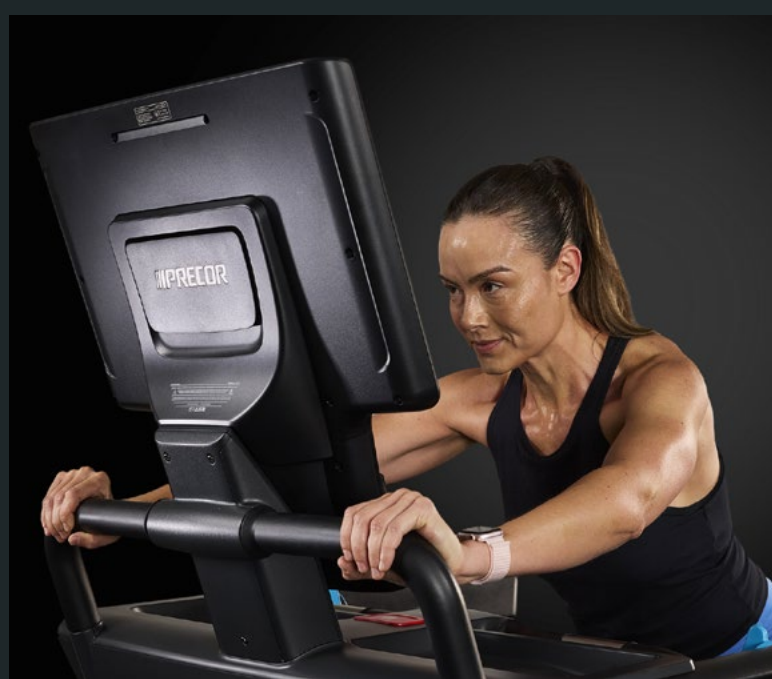
Each element in the zone complements the other. Breakaway™ Treadmills drive power and endurance, Glutebuilder® stations build strength and control, and Box Pro platforms add a diverse platform for a well-rounded glute-focused workout.

- **Easy to Run, Scalable to Grow**

A balanced 10-treadmill, 10-station layout maximises participation and visual impact without requiring excess staffing. Clean rotation flow and simple setup make it easy to operate, replicate and scale across facilities.



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PRODUCT LIST

CONCEPT THREE BREAKAWAY™ GLUTE ZONE



PACK LEADER

BREAKAWAY™ TREADMILL

Slat belt centerpiece built for steady hikes, tempo runs and self-powered Push Mode efforts. Extra-fast speed and incline changes keep transitions between intervals smooth and efficient.



MOST VERSATILE

GLUTEBUILDER BENCH WITH OPTIONAL SQUAT RACK INTEGRATION

Dual-function bench for thrusts, squats and split squats.



DOES IT ALL

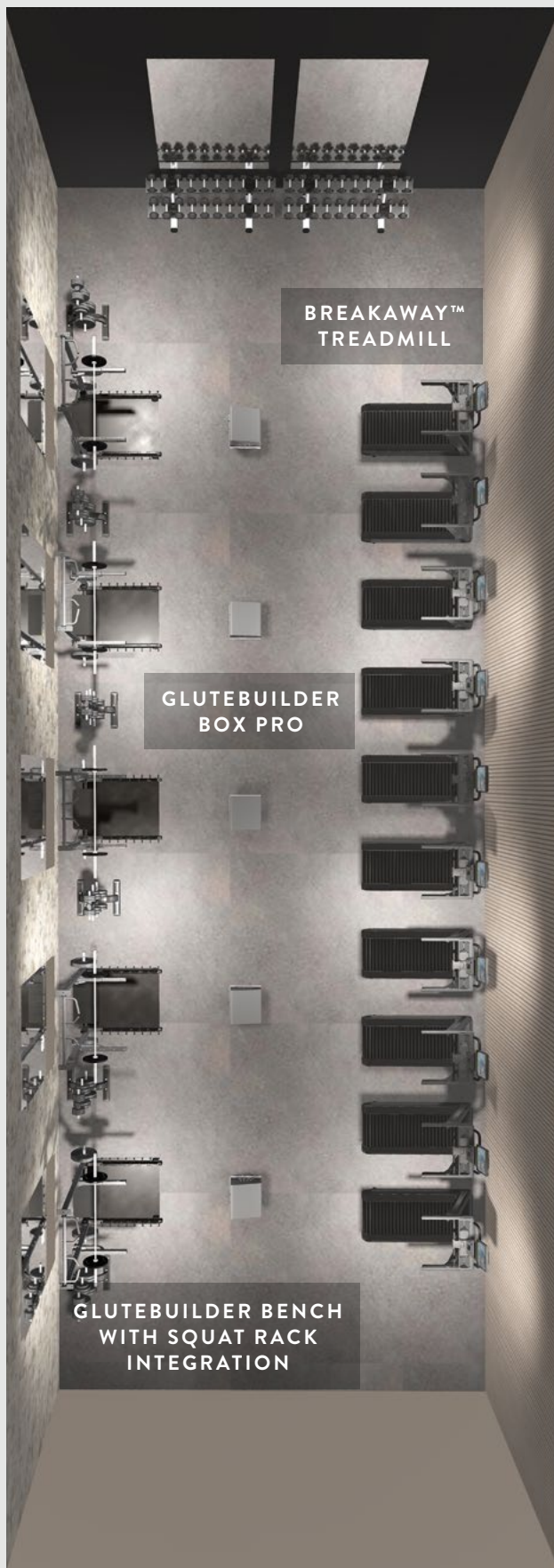
GLUTEBUILDER BOX PRO

Patented angled platform built for perfect hip thrust mechanics and consistent setup. Compact, durable and designed for quick class flow and balanced form across every station.

DESIGN CONSIDERATIONS

- Present the space as a cohesive training experience where all equipment works together to deliver a single, integrated group experience.
- Keep Breakaway™ Treadmills and Glutebuilder stations aligned for symmetry and sightlines.
- Consider lighting, sound and tempo together to build a seamless class experience.
- Highlight the Precor x Glutebuilder partnership across member-facing signage, staff and instructor education, and marketing materials.

FLOOR PLAN



GLUTEBUILDER BENCH
WITH SQUAT RACK
INTEGRATION

GLUTEBUILDER
BOX PRO

BREAKAWAY™
TREADMILL

PROGRAMMING SUGGESTIONS

CONCEPT THREE BREAKAWAY™ GLUTE ZONE

PROGRAMME STRATEGIES

- Offer 2–3 small group training sessions per week during high traffic hours
- Alternate treadmill and strength efforts for a complete workout
- Breakaway™ Treadmill training modes
 - PUSH MODE – Fully self-powered resistance for glute and hip drive
 - INCLINE HIKES – Posterior-chain activation and muscular endurance
 - CADENCE TRAINING – Controlled performance work for rhythm and recovery
- Glutebuilder Stations exercise examples
 - BOX PRO – Thrusts, bridges and single-leg drive
 - BENCH (WITH OPTIONAL RACK) – Squats, split squats and loaded hip thrusts
- Introduce monthly themed activations to drive continued interest and strength gains
 - STRENGTH & STRIDE – Equally split between glute strength and cadence drills
 - GLUTE POWER CIRCUIT – Alternate self-powered sled pushes with heavy lower body lifts
 - FULL RANGE FRIDAY – Focus on technique and improving form and range of motion with lighter loads





PRECOR® | **GLUTEBUILDER®**



PRECOR®

REAL RESULTS. REAL FANS.



“

“I love these machines – and I’ve never had so many friends say their glutes were on fire after just one set!”

@CAYLEEEJUNE

“

No lower back strain, no quad dominance – just pure glute burn. I was shocked to see my gym stocked with Glutebuilder machines. If strong, sculpted glutes are your goal, these machines might be your new go-to.”

@TRANS_FORM_U

“

“My gym just added Glutebuilder machines, and they’re hands down the best glute machines I’ve ever used.”

@MIRANDAJFITT



BUILD OUT YOUR GLUTE ZONE AT [PRECOR.COM](https://www.precor.com)