SIGNATURE SERIES GLUTE (FZGL)

**Muscles Exercised** — Gluteals and Quadriceps

**Setup**
Adjust torso pad to fit between chest and abdominals. Place one foot on footplate while knees are slightly flexed.

**Performing the Exercise**
Extend hip and knee. Slowly return footplate to starting position. Rotate footplate and repeat with opposite leg. *Tip:* *Keep torso upright on torso pad for greater gluteal contraction.*