XMASTER GHD PRODUCT INTRODUCTION

The XMASTER GHD is a commercial-grade multi-functional training machine designed for gyms, studios, and professional training environments.

It supports a wide range of posterior chain and core exercises, while delivering the precision, stability, and premium finish expected from commercial equipment.

XMASTER GHD PRODUCT INTRODUCTION

Multi-Exercise Training in One Machine

The XMASTER GHD is more than a traditional GHD. It is a versatile training platform that supports multiple exercises, including:

- Back Extensions
- Hyper Extensions
- Nordic Curl
- Sit Up

Key Benefits:

- One machine for multiple training movements
- Better space efficiency
- Ideal for a wide range of users in commercial settings

Nordic Curl

Sit Up

Hyper Extension

QL Raise

Back Extension

Bent-over Row

XMASTER GHD PRODUCT INTRODUCTION

Dual Adjustment System for More Users and More Movements

To accommodate users of different heights and support different training movements, the XMASTER GHD features a highly adjustable setup:

- 9 incline adjustment levels
- 17 leg support adjustment levels

Key Benefits:

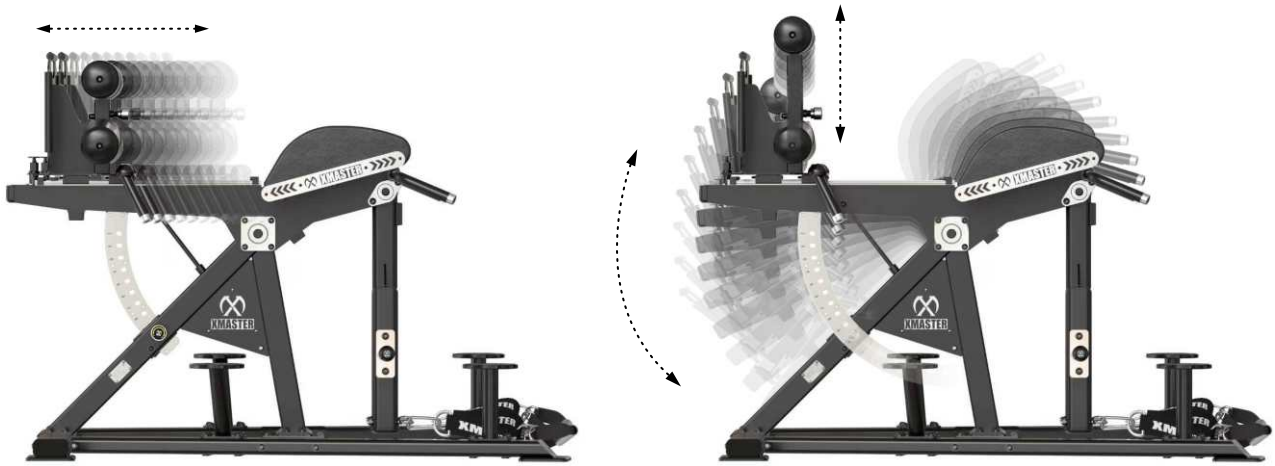
- Fits users of different heights
- Adapts to different exercises easily
- More precise positioning for better training form
- Ideal for high-frequency commercial use

Specifications

Dimensions (L x W x H): 69.4 x 46.7 x 49.6 in / 1763 x 1187 x 1261 mm

Product Weight: 352 lb / 160 kg

Max Load Capacity: 770 lb / 350 kg



XMASTER GHD PRODUCT INTRODUCTION

Patented Zero-Gap Pin System for Greater Stability

Most standard spring-loaded pin systems have a 0.5–1 mm gap, which can create noticeable looseness during dynamic movements.

The XMASTER GHD uses a patented zero-gap pin system to achieve a tighter and more stable lock after adjustment.

Key Benefits:

- Greater stability during movement
- Reduced looseness and unwanted play
- Better training confidence and premium feel
- A clear upgrade over conventional adjustment systems

Additional Detail:

- All adjustment knobs and pull pins feature an anti-loss design
- Better suited for long-term commercial use

XMASTER GHD PRODUCT INTRODUCTION

Ease of Use, Built Into the Details

1. Machine-Grade Sliding System

Smoothly adjusts the distance between the foot support and the pad for different exercises and user sizes.

2. Gas-Spring Assisted Adjustment

Makes incline changes easier, reduces effort, and improves efficiency in multi-user environments.

3. Four Stainless Steel Round Steps

Provide easier access on and off the machine for smoother setup and transitions.

user environments.

XMASTER GHD PRODUCT INTRODUCTION

Included Accessories

1. One Pair of Locking Safety Carabiners

One pair of carabiners is included for connecting the machine's pendulum structure with different attachments, allowing quick changes between training setups.

A locking, anti-drop version is recommended for improved connection security and user confidence.

2. One Pair of Ankle Straps

One pair of adjustable ankle straps is included for Hyper Extension training, helping users perform the movement more effectively while expanding exercise applications.

3. One Pair of Knurled Aluminum Handles

One pair of knurled aluminum handles is included for bent-over row style training.

The knurled surface provides a more secure grip, while the aluminum construction offers both lightweight handling and a premium feel.

XMASTER GHD Warranty Statement

Warranty Coverage

- Main Frame / Primary Load-Bearing Steel Structure: Lifetime Warranty.
- Adjustment mechanisms, sliding system, pins, pull knobs, pivot connections, and gas spring: 2-year warranty.
- Upholstery, foam, handle covers, and cosmetic surface parts: 1-year warranty.
- Wear-and-tear items and consumable parts: not covered under standard warranty.

Warranty Conditions

- The product is properly installed, used, and maintained under normal conditions
- The product has not been modified, disassembled, or repaired by unauthorized parties

Warranty Exclusions

- Damage caused by misuse, abuse, negligence, or overloading
- Damage caused by improper installation, maintenance, or operation
- Surface scratches, impact marks, corrosion, fading, or normal wear
- Upholstery cuts, cover wear, foot pad aging, or other consumable issues
- Damage caused by shipping, improper handling, or external environmental factors

After-Sales Support

If a non-human-caused quality issue occurs within the warranty period, XMASTER will provide replacement parts, service guidance, or other reasonable after-sales support based on the actual situation.

XMASTER GHD PRODUCT INTRODUCTION

Scan to View the Assembly Manual

To make assembly clearer and more efficient, we have prepared an assembly manual for this machine.

Scan the QR code below to quickly access the complete installation instructions.

GHD Assembly Instructions