

Glute Bridge Squat Rack



Article Overview

A Glute Bridge Squat Rack is a specialized squat rack designed to optimize glute training, allowing for hip thrusts, glute bridges, and other lower-body exercises with safety and versatility.

Overview of Glute-Focused Squat Racks

Glute bridge or hip thrust racks are engineered to provide stability, adjustable height, and accessory attachments that make glute exercises safer and more effective. Unlike standard squat racks, these racks often include spotter arms, band pegs, thruster pads, and Nordic ham curl blocks to enhance glute activation and allow for progressive overload .

Popular Options

- BC Strength Glute Rack
 - Available in Standard, Pro, Ultimate, and Short versions to accommodate different ceiling heights and gym spaces.
 - Features include pull-up bars, J-cups, bar holders, spotter arms, band pegs, thruster pad bars, Nordic ham curl blocks, and optional attachments like dip stations, step-up platforms, landmines, and high/low pulleys .
 - Designed for both hip thrusts and traditional lifts, providing a versatile setup for glute-focused training.
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- Glutebuilder® Ultimate Rack
 - Offers unique integration for hip thrusts, including the “IRON HIPTHRUST” setup.
 - Supports hundreds of exercises for glutes, legs, and upper body, emphasizing tim...

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