

## Lower Body Strength



York STS Glute/Ham Bench is commercial product designed to be used with the whole of the York STS commercial range of gym equipment.

Price: £731.40

<http://www.gymratz.co.uk/sts-glute-ham-bench>

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Designed for use on the FTS Flex Bench to change the leg hold down into a fully working leg extension and leg curl setup.

Price: £69.99

<http://www.gymratz.co.uk/york-fts-leg-developer>

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