

GLUTE BRIDGE BENCH

SKU# DS-1030



PRODUCT DETAILS

Dimensions: 56" L x 63" W x 19 ¾" H

The Defiant Strength Glute Bridge Bench is engineered for power, precision, and performance — a dedicated platform built to elevate glute, leg, and posterior chain development for athletes who demand results. Designed on the foundation of functional strength training, this bench combines structural integrity, refined adjustability, and purposeful ergonomics to deliver unmatched versatility and stability in every movement.

- **Engineered for Athletic Performance:** Crafted from heavy-gauge steel and reinforced weld points, the Defiant Glute Bridge Bench provides a rock-solid foundation for advanced glute and hamstring activation work. Whether used for glute bridges, hip thrusts, or loaded accessory lifts, its robust frame and performance geometry ensure complete confidence under load.
- **Precision Adjustability:** A multi-position adjustable back pad allows athletes to find the ideal setup for a wide range of exercises, optimizing body positioning for both strength and comfort. Integrated resistance band pegs expand training potential — perfect for explosive bridge work, hip thrust variations, or progressive resistance loading.
- **Unmatched Stability and Control:** The non-slip textured footplate delivers maximum traction and confidence during movement, allowing athletes to focus on controlled drive and full range of motion without loss of footing or power transfer.
- **Built-In Storage and Efficiency:** Integrated weight horns provide clean, efficient organization of plates and bars, keeping the training area streamlined and ready for heavy work.

Defiant Design. Athletic Purpose. Every component of the Defiant Strength Glute Bridge Bench is engineered to perform under the demands of elite training environments — from collegiate athletic performance centers to professional sports facilities. The result is a machine that looks powerful, feels solid, and performs relentlessly — true to the Defiant Strength standard.

DEFIANT STRENGTH WARRANTY

STRUCTURAL STEEL FRAME: LIFETIME WARRANTY

Defiant Strength warrants the structural frame of its fitness products against defects in materials and workmanship under normal use for the lifetime of the original purchaser (non-transferable), subject to the requirements, exclusions, and limitations stated below.

UPHOLSTERY / WEAR GUARDS: 90-DAY WARRANTY

Defiant Strength warrants its fitness products' wear guards and upholstery against defects in materials and workmanship under normal use for 90 days from the date of purchase by the original purchaser (non-transferable).

BEARINGS, GRIPS, CABLES, PULLEYS: 1-YEAR WARRANTY

Defiant Strength warrants its fitness products' bearings, grips, cables, and pulleys against defects in materials and workmanship under normal use for one (1) year from the date of purchase by the original purchaser.

FINISH: 5-YEAR WARRANTY

Defiant Strength warrants its fitness products' finish against flaking and delamination under normal use for five (5) years from the date of purchase by the original purchaser.

AUTHORIZED RESOLUTION

Defiant Strength's sole obligation under this warranty is the repair or replacement of defective parts or the provision of labor necessary to remedy any defect.

WARRANTY EXCLUSIONS AND LIMITATIONS

Defiant Strength's factory warranty is valid only for products purchased directly from Defiant Strength or an Authorized Dealer of Defiant Strength products, with those products being paid in full. This warranty applies exclusively to the original purchaser and is non-transferable.

The following conditions will void this warranty:

- Purchase of Defiant Strength products from an unauthorized dealer, reseller, or any source not explicitly approved by Defiant Strength.
- Purchase of used or pre-owned Defiant Strength products from a private party, facility, or unauthorized source.
- Purchase of Defiant Strength products from an unauthorized internet retailer.
- Removal of any Defiant Strength branding from the equipment.
- Any outstanding invoices owed to Defiant Strength.
- Alteration or modification of Defiant Strength equipment in any way, including removing branding.

Additional Limitations:

- Defiant Strength is not liable for any special, indirect, incidental, or consequential damages related to its products, including property damage or personal injury.
- This warranty is expressly limited to the repair or replacement of defective components manufactured by Defiant Strength, at its sole discretion.
- Use of the equipment in environments with excessive temperatures or moisture may void the warranty.
- Normal wear and tear is not covered, including but not limited to cables, belts, chains, wear guards, powder coat finishes, or upholstery cuts.
- Damage caused by improper assembly, inadequate maintenance, or the installation of unauthorized components is not covered under this warranty.
- This warranty does not cover damage resulting from accidents, abuse, corrosion, improper use, neglect, theft, vandalism, fire, flood, lightning, freezing, natural disasters, collisions, or unauthorized modifications.

Defiant Strength reserves the right to void warranties at its sole discretion under the conditions outlined above.