



We Change Lives from the Core®

A New Direction in Glute Training



ABOUT THE FROGGY™

ABS1027B

We've seen it—people trying to do prone frog lifts on a Smith machine. It's unstable, unsafe, and requires a partner to rack the bar. Not anymore! Introducing The Froggy™, a patent-pending, innovative machine designed specifically for prone glute lifts—giving users a safer, more effective way to isolate and strengthen the glutes and hamstrings. With a natural range of motion, and no need for a spotter, The Froggy makes glute training easier, smarter, and more accessible for all fitness levels.

Dimensions:

55 x 49 inches (140 x 124 cm)

Unit Weight 175 lbs (79 kg)

With optional bands range of 35-215 lbs.

- 01 Targeted Glute Activation**
- 01** Maximize muscle engagement while reducing lower back strain.

- 02 Custom Resistance**
- 02** Plate-loaded with optional bands for a range of 35-215 lbs.



- 03 Space-Saving Design**
- 03** Built-in plate storage keeps your gym organized.

- 04 Adjustable Foot Bar**
- 04** Allows for different heights and full range of motion, making the exercise comfortable and effective.



1-866-219-5335



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