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Fitness Guru and Inventor Pete Holman Unveils the Glute Slide for Pilates and Strength Training

Breakthrough glute trainer debuts at July's IDEA® World Health & Fitness Convention

Denver, Colorado – Pete Holman, founder of [PH1Performance.com](https://www.ph1performance.com) and inventor of multiple widely used fitness training products – including the Nautilus Glute Drive, The GolfForever Swing Trainer and the TRX Rip Trainer – proudly debuts his newest fitness invention, the **Glute Slide**.

The Glute Slide is the world's first in-home and boutique gym upright glute training machine. With handlebars for stability and a patented push-pin resistance adjustment technology offering 20lbs to 120lbs of resistance, the Glute Slide allows users to strengthen and tone their glutes in multiple planes of motion from the comfort of their own home.

“The glutes’ primary function is to extend the hips in a backwards motion or sideways motion, and these are the exact two motions the Glute Slide targets,” Holman says. “There are Pilates exercises that involve the same muscles, in which a person must stand on a reformer and balance precariously on top of a big machine and push backwards or sideways with a sliding motion. The problem is, there is no foot wedge to push against and no handlebars to hold onto. Without something to hold onto for the upper body and something abutting up against your foot to push against, it is essentially impossible to build strength in the glutes.”

Who Benefits from the Glute Slide?

Holman calls the glutes the “Powerhouse of the Core” because they are responsible for ambulation, balance (which improves longevity), the ability to go from sit to stand and acceleration in sports.

The Glute Slide is perfect for anyone trying to strengthen and tone their glutes for aesthetic purposes, physical therapy and active aging, however, it is also ideal for sports performance. Sports like hockey, football, baseball, basketball and martial arts, involve change of direction, acceleration and deceleration, all of which require proper glute function.

“Strong glutes reduce stress and the risk of injury on the lower back,” Holman said. “In physical therapy, if there is low back pain, the glutes are the first thing we work to strengthen. Plus, strong and toned glutes boost confidence and self-esteem. Who doesn't want to look good in a bathing suit?”

See and Experience the Glute Slide at the IDEA® World Health & Fitness Convention

The Glute Slide launches at “The Super Bowl of the Fitness Industry,” the IDEA® World Health & Fitness Convention, Friday July 12th at 12:15 pm booth #1408 at the Los Angeles Convention Center Expo Hall **with an on-stage demonstration by Holman.**

<https://www.ideafit.com/fitness-conferences/2024-idea-world/expo/>.

The official trade show hours are 11:30 a.m. – 5 p.m. July 12th and 13th and Pete will be there both days after 12pm till close for live demonstrations. Holman, who in 2022 was named the IDEA® Fit Leader of the Year, chose this as his springboard venue because it’s the largest live personal training convention in the world, and there are a lot of attendees who understand Pilates, yoga and personal training.

“I wanted them to be the first to experience my product,” he says. “I also have a lot of friends in the industry at this event and thought that they deserve to be first to see its unveiling. I can’t wait to introduce the product and answer any questions people may have.”

The Glute Slide will sell for \$995.

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