

HIP THRUST

JPL - 143

Unlock your glute gains with our Hip Thrust Machine. Designed for optimal muscle activation, this machine provides a safe and effective way to target and strengthen the glutes. Its adjustable settings accommodate users of all fitness levels, while the padded support ensures comfort during workouts.



Scan Here
to Access the Video

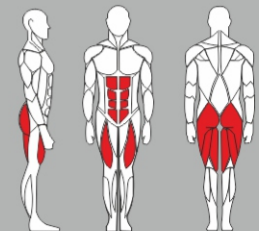
FEATURES

- ◆ **Ergonomic Hip Pad:** Contoured padding for comfort and stability.
- ◆ **Angled Foot Platform:** Optimizes glute activation and balance.
- ◆ **Adjustable Support:** Customizes seat and back for proper form.
- ◆ **Plate-Loaded System:** Offers progressive resistance for all levels.
- ◆ **Integrated Handle for Support:** Provides additional grip for secure and controlled motion during exercises.

SPECIFICATIONS

DIMENSIONS:

Length: 70 inches/178 cms
Width: 56 inches/142 cms
Height: 50 inches/127 cms
Weight: 276 lbs/125.2 kg
Start Weight: 27.6 kg
Max Loaded: Single Side: 308 lbs/140 kg



MUSCLE WORKED: Glutes

COLOURS AVAILABLE: White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.

*Plates are not included and need to be bought separately.