

STANDING HIP THRUST

JPL - 157

The Standing Hip Thrust machine is designed to effectively activate and strengthen the glutes, hamstrings, and hips. Its upright position offers a more comfortable and accessible alternative to traditional hip thrust exercises, while maintaining full range of motion and targeted muscle engagement. With a padded thrust plate, adjustable foot platform, and plate-loaded resistance, it ensures optimal biomechanics, stability, and safety. Ideal for building lower body power, improving athletic performance, and enhancing Glute development.



Scan Here
to Access the Video

FEATURES

- ◆ **Glute-Focused Design:** Built to maximize glute activation and hip drive.
- ◆ **Heavy-Duty Frame:** Rigid construction for superior safety.
- ◆ **Adjustable Thrust Pad:** Accommodates different user heights.
- ◆ **Non-Slip Step Platform:** Ensures secure stance during movement.
- ◆ **Plate Loading System:** Enables progressive overload training.

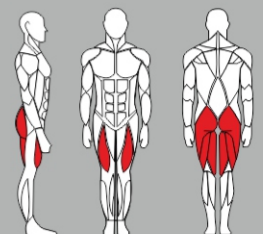
SPECIFICATIONS

DIMENSIONS:

Length: 65 inches/165 cms
Width: 38 inches/97 cms
Height: 56 inches/142 cms
Weight: 260.8 lbs/118.34 kg
Start Weight: 12.3 kg
Max Loaded: Single Side: 176 lbs/80 kg
Both Side: 353 lbs/160 kg

MUSCLE WORKED: Glutes, Hamstrings, Lower Back, Hips

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.