

HIP THRUST

JCRL - 104

Hip Thrust machine provides a safe and controlled way to strengthen the glutes, hips, and posterior chain. The movable hip pad can be repositioned and secured for easy machine access and user convenience. Its guided movement pattern promotes effective muscle engagement while reducing setup time compared to traditional free-weight variations.



FEATURES

- ◆ **Ergonomic Design:** Ensures proper alignment to target glutes, hamstrings, and hips.
- ◆ **Adjustable Resistance:** Easily customizable weight stack for all strength levels.
- ◆ **Comfortable Padding:** High-density foam reduces pressure on hips and back.
- ◆ **Compact & Stable:** Space-saving design with a secure, sturdy base.
- ◆ **Versatile Engagement:** Strengthens glutes, hamstrings, and core while improving hip stability.
- ◆ **Smart Accessory Storage:** Built-in accessory holder for shaker bottle and mobile phone.

SPECIFICATIONS

DIMENSIONS:

Length: 64 inches / 163 cms
Width: 48 inches / 122 cms
Height: 62 inches / 157 cms
Weight stack: 165 lbs / 75 kg

MUSCLE WORKED: Glutes

COLOURS AVAILABLE: Black.

