

HIP THRUST / 1FW097



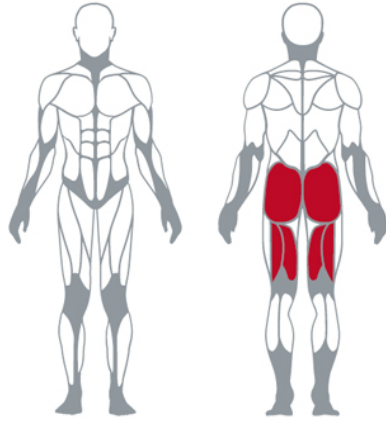
The Hip Thrust is specific for training the thigh muscle with a targeted workout on the glutes. It stands out for:

- gas assisted and height adjustable thrust roller, that does not prevent the access to the machine when at rest;
- physiological load curve;
- tilting backrest that follows the user movement during the exercise;
- wide platform with anti-slip proof system.

Optional

- gas assisted and height adjustable footrest;
- 6 additional weight holders.

MUSCLES



TECHNICAL SPECIFICATIONS

Width	150 cm
Length	200 cm
Height	140 cm
Weight	180 Kg
Max. Weight	270 Kg

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The accessories (dumbbells, discs and barbells) are always placed as decorum therefore not included in the machine.