

# HIP THRUST / 1MTH097



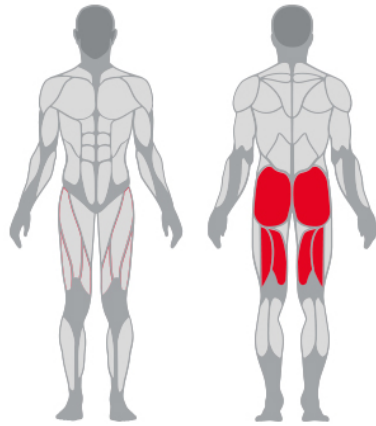
## Features

- machine to train the glutes and hamstrings muscles
- magnetic pin to select the load
- weight stack carter in textured abs
- illustrative chart with qr code linked to technical video

## Technical Info

- gas assisted adjustment of the thrust roller, that when at rest (up position) do not hinder the machine access
- wide footboard support, height adjustable platform (optional)
- tilting backseat that follows the user movement during the exercise

## MUSCLES



## TECHNICAL SPECIFICATIONS

Width	120 cm
Length	195 cm
Height	160 cm
Weight	330 Kg
Standard Load	100 Kg
Optional Load	120 Kg

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