

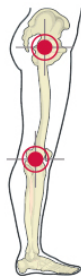
HIP THRUST / 1FE097



Technical Info

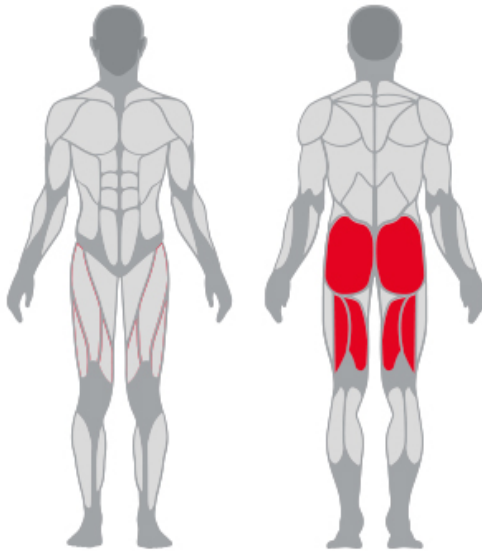
- MACHINE THAT ALLOWS THE TRAINING OF THE GLUTEAL AND FEMORAL MUSCLES
- ASSISTED GAS ADJUSTMENT OF THE THRUST ROLLER, WHICH IN STAND-BY POSITION (TOP) DOES NOT IMPEDE THE ENTRY OF THE MACHINE;
- AJUSTABLE WIDE FOOTREST (OPTIONAL)
- TILTING BACKREST THAT FOLLOWS THE USER'S MOVEMENT DURING EXERCISE;

Movement



Multi-Joint
Hip bone
Knee

MUSCLES



TECHNICAL SPECIFICATIONS

Width	135 cm
Length	180 cm
Height	160 cm
Weight	290 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.