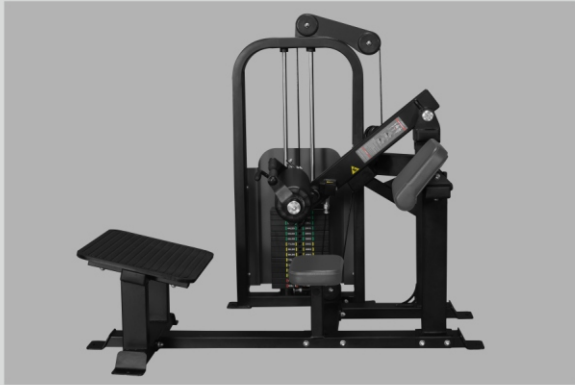


HIP THRUST

JFL - 5090

The Hip Thrust machine provides a safe and efficient way to perform a hip thrust to strengthen the hips and glutes. The hip pad can be moved and locked out of place to provide easy access to the machine.



Scan Here
to Access the Video

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.

SPECIFICATIONS

DIMENSIONS:

Length: 70 inches / 178 cms

Width: 50 inches / 127 cms

Height: 56 inches / 142 cms

Weight: 485 lbs / 220 kg

Weight stack: 165 lbs / 75 kg

MUSCLE WORKED: Glutes

COLOUR AVAILABLE: Black.

