



HIP THRUST

ITEM CODE: PL-HIPTHRUST

SPECIFICATIONS: ERGONOMIC BACKREST THAT FOLLOWS AND SUPPORTS THE BACK ALONG THE ENTIRE MOVEMENT. FULLY ADJUSTABLE WAISTBAND TO FIT DIFFERENT HEIGHTS AND SIZES.

ALL-IN-ONE ASSEMBLY: NO

MAX USER WEIGHT: 160 Kg

MAX LOADING WEIGHT: 250 Kg

SET UP SIZE: 147 X 150 X 86 CM (LXWXH)

NET WEIGHT: 65 Kg

WARRANTY: 1 YEAR FOR PROFESSIONAL USE

INVOLVED MUSCLES:

- Glutes
- Femorals

