

HIP THRUST

JL - 510

- ◆ 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.

- ◆ **DIMENSION:**
Length : 70 inches / 178 cms
Width : 50 inches / 127 cms
Height : 56 inches / 142 cms
Weight Stack : 165lbs / 75kg

- ◆ **MUSCLE WORKED:**
Glutes

