

HIP THRUST  
JPL - 143

◆ Unlock your glute gains with our Hip Thrust Machine. Designed for optimal muscle activation, this machine provides a safe and effective way to target and strengthen the glutes. Its adjustable settings accommodate users of all fitness levels, while the padded support ensures comfort during workouts.

◆ **DIMENSION:**  
Length : 70 inches / 178 cms  
Width : 56 inches / 142 cms  
Height : 50 inches / 127 cms

◆ **MUSCLE WORKED:**  
Glutes

