

**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

