



Ultimate Hip Thrust

SKU: EL-PL37

Product Images





Short Description

The new **Ultimate Hip Thrust machine** from the **Elite Series** is designed to make **glute** workouts safer, easier, and more effective, all in a compact design that optimizes available space. Its raised foot design allows for a wider range of motion for better results. The padded belt adds extra comfort, allowing you to safely load more weight without compromising posture. But that's not all: our machine comes equipped with built-in band pegs for adding resistance bands, providing greater versatility and enabling explosive movements. The ultimate choice for gyms and commercial environments.

Description

Why should you buy the Ultimate Hip Thrust from Titanium Strength?

COMPACT DESIGN

The **Ultimate Hip Thrust** from the **Titanium Strength Elite Series** is designed to maximize space in your gym. Its compact design eliminates the need for benches, bars, plates, and floor space. Additionally, you can easily place it near a wall or in a corner, optimizing available space.

IMPROVED RANGE OF MOTION

The raised foot design offers users the optimal range of motion to work the **gluteus maximus**. This translates to more effective results with each repetition, with precise and controlled muscle activation.

QUICK AND EASY SETUP

The adjustable padded belt makes setting up the machine quick and comfortable. You won't have to waste time adjusting complicated settings; simply load the desired weight, adjust the belt to your size, and you'll be ready to start your workout.

ADJUSTABLE SEAT

The machine features an adjustable seat both vertically and horizontally, allowing users to find the perfect position

from which to thrust. This versatility in seat adjustment ensures that users of all heights and sizes can perform the exercise effectively and comfortably.

ADDITIONAL RESISTANCE WITH RESISTANCE BANDS

The **Ultimate Hip Thrust** comes with built-in bang pegs that allow you to add elastic bands (included with the machine) to provide additional resistance and perform explosive movements. This feature not only challenges your muscles more but also improves the transfer of force to specific sports movements, such as jumps in basketball, sprints in athletics, or quick direction changes in football, helping to enhance athletic performance.

SPECIFICATIONS

- **Use:** Commercial
- **Maximum Load:** 300 kg
- **Compatible with:** Olympic Plates
- **Adjustments:**
 - **Seat Height:** 5 positions
 - **Horizontal Seat Adjustment:** 5 positions
- Resistance bands included
- **Dimensions:** 166.5 (length) x 146 (width) x 83 (height)
- **Weight:** 130 kg

About Titanium Strength:

Leading brand in the sale of **equipment** and **machines** for **strength** and **cardio** training.

Additional Information

Use	Commercial
Colour	Black
Manufacturer	Titanium Strength
Weight (kg)	130.000000
Width cms.	146
Height cms.	83
Large cms.	166,5
Body Part	Glute
Disc diameter (mm)	50
Max Load (kg)	300
Product Line	Elite Series