## **HIP THRUSTER PRO**





## **DESCRIPTION**

- Selective hip roller allows user to customize its position.
- Built-in band pegs allow for greater personalized resistance.
- Weight safety automatically releases when initiating exercise.
- Design keeps center of mass further from the waist, resulting in greater resistance with fewer plates needed.
- Adjustable footplate.
- Stationary backrest.
- Adjustable sled position.

## **SPECIFICATIONS**

<ul><li>Width</li></ul>	56" (141 cm)
<ul> <li>Height</li> </ul>	45" (113 cm)
• Length	74" (187 cm)
• Weight	390lb (178 kg)
• Starting resistance	53lb (25 kg)
Max load	360lb (163 kg)