

## PLATELOAD

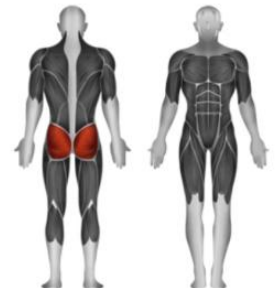


### HIP THRUST PLHT

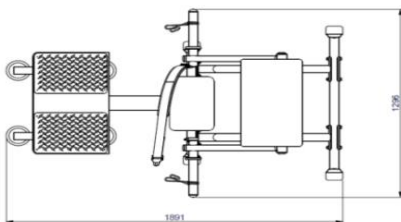
## What machines to Use at the Gym to lose Weight in your Hips.

When Glute exercise becomes a trend in fitness, the PLHT is great to deliver full hip engagement. The waist harness locks the user into place and promotes safety and stability during the hip bridge motion. The upper back pad supports the spine and wide foot platform supplies users to adjust the width of their step to achieving different sports requirements.

Try These ...  
Feel Your Glutes  
Hip Thrusting.



[muscle groups & instruction](#)



Floor Space Dimensions : 1891mm/74"(L)x1296mm/51"(W)x820mm/32"(H)

**Mainframe:**

12 Heavy Gauge 50 × 100 × 2.5T Oval Tubing

**Frame Finish:**

Two-coat powder process, electrostatically applied powder coat finish, Black Exterior / Crimson Red Texture

**Upholstery:**

2" Rebonded Scrap Foam + 10 mm high density foam with CGPC PVC cold latex leather and durable double stitched upholstery

**Welding:**

Continuous welds at all pivot points.

**Bearings:**

Commercial rated, sealed bearings at all pivot points.

**Max. User Weight:**

264 lbs. / 120 kg

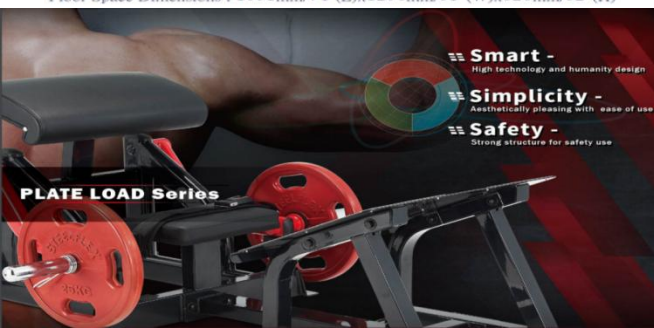


PLATE LOAD Series

- Smart** - High technology and humanity design
- Simplicity** - Aesthetically pleasing with ease of use
- Safety** - Strong structure for safety use



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