

Hip Thrust Machine
OFG017

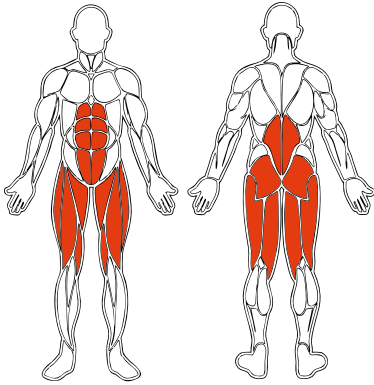


LENGTH / WIDTH / HEIGHT
1963mm / 870mm / 1150mm



TRAINING LOAD RANGE: 40-140kg

TARGETED MUSCLE GROUPS



TRAINING BENCH



• **Technical Specifications**

Frame	Steel coated with a multi-layer corrosion protection system (up to C5), wall thickness 3–6 mm
Moving parts and handles	Made of stainless steel and wall thickness is 3–6 mm
Surface finish	Powder-coated in RAL colors
Support surfaces	20 mm ribbed UV-resistant plastic
Adjustable components	-
Handles and footplate	Made of stainless steel, single position handles

• **Weight Stack Information**

1. The machine is equipped with two adjustable weight stacks that are ergonomically designed for smooth and effortless adjustment.
2. Training weights can be adjusted in 3–4 kg increments.
3. The weight stacks move on maintenance-free ball bearings that are concealed within a stainless steel guide rail.
4. The machine is equipped with weight scales on both sides. The indicated weights are marked in kilograms and may differ from the actual weight by up to 5 kg.

• **Usage Conditions**

1. Minimum user height: 140 cm
2. Recommended minimum age: 14 years

• **Equipment Installation**

The training equipment can be installed in three different ways. Detailed installation instructions are available [HERE](#).



The training bench complies with EN 16630:2015 safety standards and has a corresponding certificate of conformity.



Manufactured in Estonia