HIP THRUST MACHINE





DESCRIPTION

The Hip Thrust Canali System, supports proper spinal alignment during hip extension, promoting a deeper extension and greater activation of the upper glutes at both the start and throughout the movement.

The rotational motion allows for heavier loads and/or more repetitions, without placing strain on the lower back.

BENEFITS

This equipment is specifically designed to strengthen the gluteal muscles.

Unique in its kind, it is ideal for dynamic physical activities that focus on maximizing the movement range of the pelvis.

Muscles trained

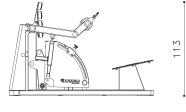
Hamstrings





TECHNICAL SPECIFICATIONS

Product CodeHTH - 00441Resistance SystemCanali SystemResistance Levels20Differentiated Work (dual selector)NoAssisted StartNoMinimum/Maximum User Height150 - 205 cmLength174 cmWidth83 cmHeight113 cmEquipment Weight196 kg			
Resistance Levels 20 Differentiated Work (dual selector) No Assisted Start No Minimum/Maximum User Height 150 - 205 cm Length 174 cm Width 83 cm Height 113 cm	Product Code	нтн	- 00441
Differentiated Work (dual selector) Assisted Start No Minimum/Maximum User Height Length Width Height No No No No No No No No No N	Resistance System	Canali	System
Assisted Start No Minimum/Maximum User Height 150 - 205 cm Length 174 cm Width 83 cm Height 113 cm	Resistance Levels		20
Minimum/Maximum User Height150 - 205 cmLength174 cmWidth83 cmHeight113 cm	Differentiated Work (dual	selector)	No
Length Width 83 cm Height 113 cm	Assisted Start		No
Width 83 cm Height 113 cm	Minimum/Maximum User	Height 150 -	205 cm
Height 113 cm	Length		174 cm
<u> </u>	Width		83 cm
Equipment Weight 196 kg	Height		113 cm
	Equipment Weight		196 kg



174

