

Auxotonic 2.0

**CANALI**  
SYSTEM

# 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.

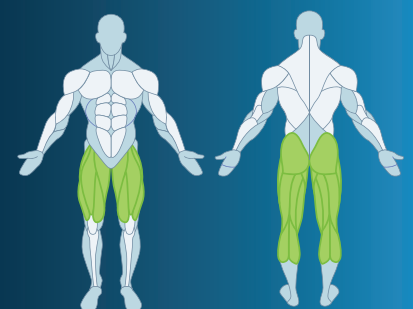
## BENEFITS

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 Code	HTH - 00441
Resistance System	Canali System
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
Equipment Weight	196 kg

