HIP THRUST
PLS-0700

Built for targeted glute activation and lower body strength, the Palladium Series Plate Loaded PLS-0700 Hip Thrust offers a low-profile design with easy access and an oversized, non-skid foot platform for added exercise variety. Curved lumbar pads provide crucial support, promoting proper alignment and full hip extension, while the dual-position padded belt ensures a secure and comfortable fit for users of all sizes.

FEATURES

- Low profile and easy entry/exit design features oversized foot platform with non-skid surface for exercise variation.
- Curved lumbar pads provide support, encourage proper alignment, and allow for maximum hip extension.
- Dual position belt accommodates wide range of users and is padded for additional comfort.

USER AMENITIES

- (2) Weight Storage Posts
- Band peg provision
- Instruction Placard illustrates proper START and END positions

SPECIFICATIONS

DIMENSIONS (L x W x H)
74" x 68" x 43" / 188cm x 173cm x 109cm

PRODUCT WEIGHT
557 lbs / 253 kg

MAX TRAINING CAPACITY
12 x 45 lb / 20 kg

MAX USER WEIGHT
400 lbs / 181 kg

MAX STORAGE CAPACITY
4 x 45 lb / 20 kg per storage post

STARTING RESISTANCE:
43 lb / 19.5 kg

COLOR OPTIONS
Frame comes standard with matte black powder coat finish. Custom frame and upholstery options available.

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