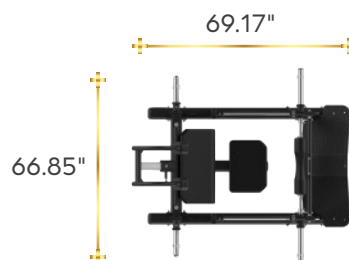




ONYX Smith Hip Thruster



+ Key Features



Authentic Trajectory & Glute Focus

The movement path perfectly replicates free-weight hip thrusts, aligning with the physiological curve of the hip joint for natural force delivery and concentrated stimulation.



Ergonomic Bracing & Stability

A 4-position adjustable back pad and 7-position shoulder pads secure the user's posture, effectively preventing compensation and enhancing training focus.



Precision-Angled Anti-Slip Footplate

The oversized footplate is precision-calculated to ensure leg placement aligns with the optimal functional path of the glutes for comprehensive activation.



Optimized Load & Comfort

Ergonomic bar pad design combined with 3-position start height adjustment accommodates various body types, ensuring efficient force delivery under heavy loads.

Product Overview

The VO3 ONYX Smith Hip Thruster delivers smooth, stable movement for powerful glute training, featuring precision linear bearings, secure torso support, and an oversized anti-slip footplate.

Specifications

+ Dimensions (L x W x H):

69.17 x 66.85 x 53.62 in

175.7 x 169.8 x 136.2 cm

+ Product Weight: 390.2 lb (177 kg)

+ Maximum User Weight: 350 lb (158.8 kg)

+ Maximum Capacity: 1300 lb (589.7 kg)

Warranty

+ Frame: 10 Years

+ Parts: 5 Years

+ Labour: 1 Year

