



3D GLUTES Hip Thruster



+ Key Features



Ergonomic High-Elastic Back Pad
Provides stable and comfortable upper-back support for proper lifting posture.



Adjustable Belt Resistance System
Quick-release buckle enables fast and smooth belt-length adjustments for pressure-free training.



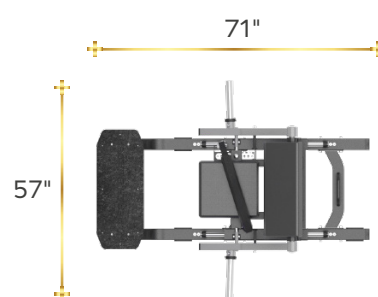
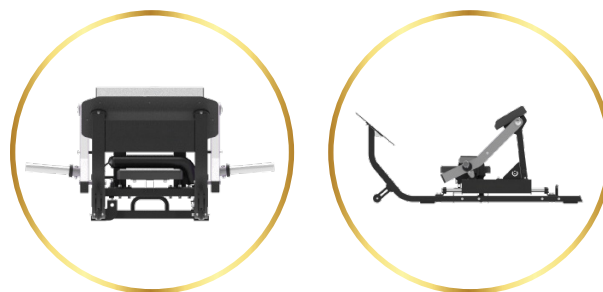
Horizontal Adjustment Rail
Allows quick customization between back pad and footplate for different users.



Dual Resistance Band Pegs
Add peak-phase overload to maximize glute engagement and training intensity.



Textured Anti-Slip Footplate & Transport Wheels
Offer firm stance stability and easy one-hand mobility for flexible gym arrangement.



Product Overview

VO3 3D Glute Hip Thruster provides targeted glute training with smooth, controlled movement, helping build lower-body strength and muscle development.

Specifications

+ Dimensions (L x W x H):

71 x 57 x 30.7 in

180.5 x 144.8 x 78 cm

+ Product Weight: 302 lb (137kg)

+ Maximum User Weight: 350 lb (158.8 kg)

+ Maximum Capacity: 800 lb (363 kg)

Warranty

+ Frame: 10 Years

+ Parts: 5 Years

+ Labour: 1 Year

