



3D GLUTES
Standing Hip Thrust



+ Key Features



Standing Hip Extension Design:
Reinforces glute-dominant movement patterns, enhancing hip drive, control, and posterior-chain strength.



Adjustable Thigh Support System:
Multi-angle, multi-length thigh pads accommodate different users, ensuring stable alignment and efficient force transfer.



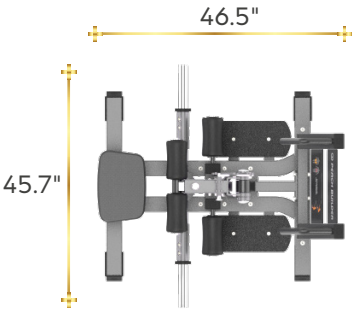
Ergonomic Anti-Slip Footplate:
Precisely angled to support natural ankle motion while preventing lower-body compensation.



Progressive Resistance Integration:
Band hooks provide variable resistance at the end range, maximizing peak contraction and training intensity.



Soft-Grip Handles & Safety Support:
Skin-friendly handles deliver comfortable balance assistance during heavy loading, enhancing safety and control.



Product Overview

VO3 3D Glute Standing Hip Thruster provides targeted glute training with smooth resistance and a natural hip-thrust movement.

Specifications

- + Dimensions (L x W x H):
46.5 x 45.7 x 56.9 in
118.2 x 116 x 144.6 cm
- + Product Weight: 194 lb (88kg)
- + Maximum User Weight: 350 lb (158.8 kg)
- + Maximum Capacity: 800 lb (363 kg)

Warranty

- + Frame: 10 Years
- + Parts: 5 Years
- + Labour: 1 Year

