



HIP THRUSTER

 bodytone.eu/en/shop/pro/strength/plate-loaded/hip-thruster



Dimensions

146 x 201 x 79 cm

Weight

157 Kg

Loading capacity

310 mm support brackets for 8 Bodytone discs of 20 kg per arm (up to 280 kg for training).

User height

Our machines are designed for a very broad spectrum of users, allowing the regulation of them to adapt to different user statures, from 150 to 200 cm approximately

Structure

110x52 mm Steel pipe, 3 mm thick as per UNE EN 10219, quality s-275-J0H. Enriched and optimized to maintain a constant section in the bending process, avoiding fragile areas with low breakage rate. Cold bending process by 4-roller system to avoid deformation during the process, keeping its physical characteristics throughout the piece.

Painting process

3 layers of paint. Steel pickling and stabilized by immersion of the parts in different degreasing solutions to ensure a perfect and complete cleaning of the base material. Antioxidant primer to ensure adequate isolation of internal oxidation and good paint adhesion. 2 final coats of epoxy paint

Design process

Ergonomic and biomechanical study under our associated professional athletes. After a long design process; from the drawing of the sketch, prototypes making and tested by athletes our products are released to the market.

Welding

Perimeter closing welding in structural points and union plates.

Assembly processes

10 mm plate-against Plate system, to avoid looseness and torsion in maximum effort areas. Ergonomic and biomechanical research optimized for every exercise

Axles

10 mm thickness plates cut by laser with another 10 mm plate for reinforcement, for a smooth movement without looseness or torsion produced for the continuous usage or loading.

Bearings

SFK double tapered roller bearing, allocated in closed bushing ensuring a constant direction movement.

Seat and back

Leather simile perspiration resistant, antibacterial and antiallergenic. Back pad, seat pad and rolls in foam 80 kg/m³ density that provides an optimum support for your training and a uniform contact. Resistant to deformation

Adjustments

Chromed seat post adjustable with 8 laser numbered positions.

Cart

Sliding and adjustable in depth on chrome steel guides, adjustable with lever mechanism.

Adjustable platform

Base for feet adjustable in inclination in 4 positions by pop pin. Platform for feet support made of non-slip aluminum

Others

Plate supports made in burnished steel, providing more stability to the machine. Turned Aluminium endings. Screw hardness 10.9. Regulation system by a single bolt made of techno polymer with 750 shear rate. 4 non-slip rubber bases. 4 non-slip rubber bases. Included 4 rubbers with different degrees of strength.

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