



## Hoist Fitness Glute Thrust (CF-3416)



The HOIST® Glute Thrust CF-3416 safely positions the user to perform a dynamic hip thrust exercise while isolating the gluteal muscles to build strength and core stability through a strong hip bridge movement. Superior biomechanics built into HOIST®'s patented 4-point support system keeps the user's knees flexed and limits quadriceps engagement to fully engage the glutes. An oversized, adjustable pad that rests comfortably over the user's hips ensures proper positioning for a safe and stable workout and eliminates dangerous tricks. Sealed ball bearing pivots ensure smooth and quiet movement of this unique machine. Impact-resistant polypropylene-covered weight horns protect the frame and reduce noise while keeping the gym tidy.

**CHF 3'290.00**

Combining European styling and American engineering, HOIST FITNESS takes commercial free weight equipment to a whole new level. The new CF Premium Line has the same aesthetic features and durable construction as the popular HOIST ROC-IT line.

### **Features:**

- the patented 4-bar support system keeps the knees flexed and limits the use of the quadriceps to focus on the glutes
- the oversized, adjustable pad provides a comfortable and safe user experience
- sealed ball bearing pivots for smooth and quiet movement
- integrated weight memory
- polyurethane-covered disc pads to protect the frame and reduce noise
- integrated dumbbell racks for storing weight plates that are not in use
- Discs not included in the scope of delivery
- Starting weight 20kg

**The Shark  
Fitness Company**



**Shark Fitness AG**  
Stores in Wettingen (ZH)  
and Wil (SG)

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Use: Home to commercial continuous use, maximum storage weight 125kg, maximum payload training weight 102kg - corresponds to 154kg with bar support

Equipment dimensions: L169 x W141 x H95.5cm, weight 140kg

Frame colors: Platinum or white

Pad colors: light grey, dark grey, black, red, blue (other colors on request)

Warranty: 2 years on labor and spare parts (excluding consumables such as pads, ropes)