



Body Solid Hip Thruster HIPTR



The Hip Thruster/Glute Ham Developer HIPTR is a machine that allows users to perform both Glute Ham Raises and Hip Thrusts in a highly effective and comfortable way. Exercises on the Hip Thruster train the muscle groups around the gluteus as well as the leg biceps and lower back muscles. With this device, users can train more efficiently than with standard equipment that usually does not put them in the optimal position. The HIPTR is fully adjustable so it can be used by users of all heights. The eight pairs of band pins inserts on the side of the machine allow for different workout variations using the user's own body weight, resistance bands, or barbell and weights to add additional weight to the workout. Due to the compact design and the robust construction, as well as the easy and safe handling, the Hip Thruster is suitable for use in the home gym as well as for professional athletes, physiotherapists and personal trainers. The steel and extremely stable construction allows the use of additional weights and provides a safe stand on the non-slip platform. The high quality foam roller, along with the durable pads, provides maximum comfort during exercises. The pad is the appropriate size to perform the exercise perfectly and has soft padding to protect the knees.

CHF 899.00

- stable and resilient construction
- compact construction
- freestanding design



- safe and comfortable to use
- easy and safe handling
- adjustable footrest
- large, adjustable and removable knee pad
- height adjustable pad from 36-46cm
- for different exercise variations
- suitable for all body sizes
- 8 band pins for attaching resistance bands
- transport wheels for easy movement
- color: black
- (device illustration in the video similar to type)

Use: home use to commercial continuous use, payload: approx. 300kg

Options: Training bands, barbell bar, discs

Equipment dimensions: W163 x D97 x H36-46cm, weight approx. 85kg

Warranty: 2 years on labor and spare parts (excluding consumables)