

Sterling Series, Hip Thrust Glute Builder

SKU: **GG-STER-120**



Engineered for glute strength and hip drive, the Gym Gear Hip Trainer delivers smooth, controlled motion for powerful lower body development. The oversized rubberised footplate allows multiple stance options, while the adjustable seat ensures every user finds the perfect position. With robust construction, premium bearings, and durable upholstery, this plate-loaded unit combines comfort, safety, and performance for heavy-duty training environments.

Key Features

- Oversized non-slip footplate supports varied stance positions
- Adjustable seat provides customised alignment for each user
- High-density poly-foam pads offer comfort and durability under load
- Heavy-duty frame with precision needle bearings ensures smooth movement
- Electrostatic powder-coated finish resists wear and tear
- Biomechanically optimised design promotes natural hip motion
- Olympic weight horns included for easy plate loading
- Low-maintenance plate-loaded system built for longevity



Technical Specifications

Weight	150 kg	Plate Loaded	Yes
Length / Depth	162 cm		
Height	111 cm		
Width	161 cm		
Frame Weight	150 kg		
Start Weight	20 kg		
Loading Capacity	300 kg		

