



Pro Series Plate Loaded, Vertical Hip Thrust

SKU: **GG-PRO-PL-119**

Boost hip strength and lower body power with the Pro Series Plate Loaded Vertical Hip Thrust. Designed for safety and stability, it delivers controlled resistance with a compact footprint, making it ideal for PT studios and home gyms.

Key Features

- Targets glutes and hips to build strength and explosive power
- Compact design saves floor space without sacrificing performance
- Secure pin-locking knee pad keeps users firmly in place
- Non-slip foot pad provides grip and stability under load
- Oversized widened leg pads suit a variety of users
- Protective barbell tube cover adds durability to weight horns
- Turning point width aligns with the hip joint for natural movement
- Built-in limiting mechanism ensures safe, controlled training



Technical Specifications

Weight	0 kg	Plate Loaded	Yes
Start Weight	15 kg		
Loading Capacity	0 kg		

