

## 3D Hip Thruster

**Model:** ES-G2D32YR

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### FEATURES

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The Essential Strength 3D Hip Thruster is engineered to deliver powerful glute and hamstring activation through a fully customizable hip thrust movement. Designed with user comfort, biomechanics, and durability in mind, this machine features either a flip-over or fixed back pad along with a multi-position adjustable footplate that moves forward, backward, and through multiple angle settings. This allows users of all sizes to fine-tune their setup for optimal range of motion and training effectiveness.

The plate-loaded resistance system provides smooth performance and quick weight changes, while the ergonomic design promotes proper hip thrust mechanics for safe and effective lower-body training. Ideal for commercial fitness facilities, performance centers, and strength-focused environments, the Essential Strength 3D Hip Thruster helps users build glute strength, posterior chain power, and overall lower-body development.

#### Key Features:

- Multi-position adjustable footplate for customized setup and movement angles
- Available with flip-over or fixed back pad configuration
- Plate-loaded design for simple and efficient resistance changes
- Ergonomic positioning encourages proper form and biomechanics
- Targets glutes, hamstrings, and posterior chain musculature

#### Construction Specifications:

- Heavy-duty 40 × 80 × 3.0mm Q235 commercial-grade steel frame
- Stainless steel weight plate sleeves for long-term durability and corrosion resistance
- Commercial-quality construction built for high-use training environments



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### SPECIFICATIONS

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- Net Weight: 419lbs
- Gross Weight: 617lbs
- Dimensions: 72.4" × 60.6" × 48.0" (L × W × H)