

Sterling Series, Hip Thrust / Glute Builder

The Sterling Elite Half Rack Integrated Lifting Platform provides a complete solution for any professional facility.

Integrated lifting platform with a solid oak centre, heavy duty rubber sections and a steel surround The Gym Gear Hip Trainer is the ultimate glute/hip drive machine. The Hip Trainer has an oversized footplate with a fully rubberised, non-slip top layer. The oversized footplate allows a wide range of stances and the seat is adjustable to suit all users. The upholstery is made out of High-density poly-foam and offers the user comfort and durability.



Foot Plate



Adjustable Pad



Weight Plate Pins



Thick Pads

Technical Specifications

Rating	Commercial
Adjustments	Adjustable seat height
Upholstery	Black, 60mm thick pads with industrial vinyl, thick plywood backing and 38mm foam
Tubing	2.5-3mm by 50 x 100 square tubing, electro welded to maximum integrity
Loading Capacity	300kg 660lbs
Product Weight	150kg 330lbs
Dimensions	L 162 x W 161 x H 111 cm L 64 x W 63 x H 44 inches

Key Features

Robust and heavy construction	•
Electro powder-coated and heat cured for superior durability	•
Super smooth / quick hip pad adjustment	•
Application of advanced biomechanics ensures that the equipment follows the body's physiological movement	•
Olympic weight horns fitted as standard for optimum storage capacity	•