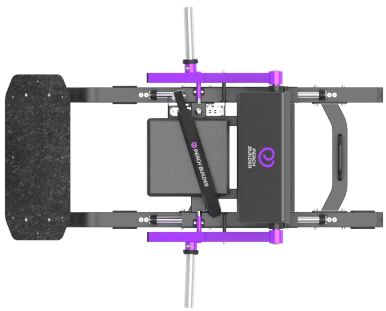
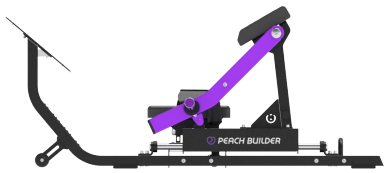
PB PLATE LOADED SERIES

PB401 - HIP THRUSTER





PRODUCT OVERVIEW

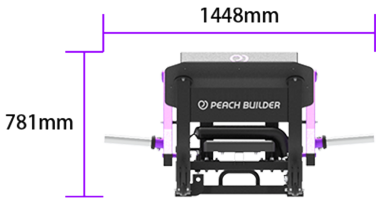
The PB401 is a premium plate-loaded strength trainer designed specifically for glute development and shaping. Among all lower-body exercises, the hip thrust is widely recognized as one of the most effective movements for glute activation, as it maximizes tension during peak hip extension—where the gluteus maximus is most engaged. The PB401 refines this movement into a safer, more comfortable, and biomechanically optimized experience, allowing users to train effectively and confidently.

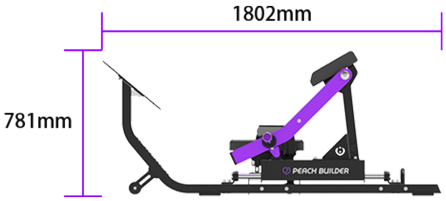
The high-resilience back pad provides stable support without restricting motion, maintaining a natural hip drive path. Replacing the traditional barbell setup, the PB401 uses a high-elastic resistance belt with a quick-release buckle system, offering adjustable length, smooth connection, and enhanced comfort. The horizontal guide rail enables fast adjustment between the back pad and footplate, accommodating users of varying heights and leg lengths.The textured anti-slip footplate ensures stable footing and proper ankle alignment, while the band pegs allow for additional resistance at the end range to intensify peak contraction. Built-in transport wheels make repositioning effortless, improving overall usability.

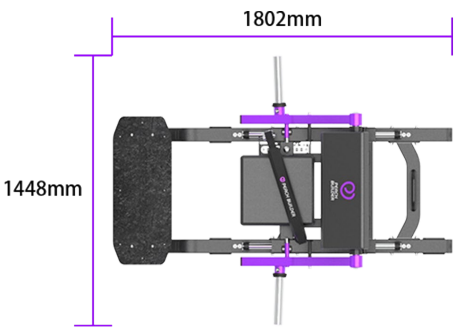
SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	**1802*1448*781mm**
Net Weigh:	**137kg**







Product Features

Three-Position Belt Hook System

Open design for easy start-height adjustment, adaptable to various user heights and stance widths.

Spinal Pressure Reduction Design

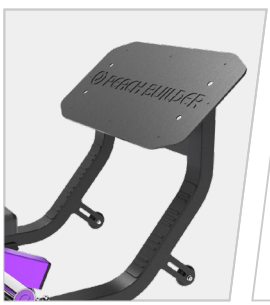
Belt-squat mechanism isolates lower-body effort, minimizing spinal load for safer, more efficient training.

Dual-Angle Anti-Slip Footplate

Provides flat and inclined options for varied stance control and improved joint comfort.

Knurled Handle with Adjustable Safety Stops

Ensures secure support, quick height adjustments, and reliable motion control.



Resistance Band Integration

Adds peak-phase overload for stronger muscle engagement and enhanced hypertrophy potential.