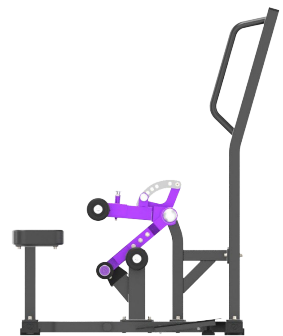
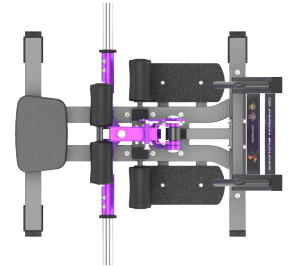


PB PLATE LOADED SERIES

PB402 - STANDING HIP THRUST



PRODUCT OVERVIEW

The PB402 is a premium plate-loaded machine engineered for glute and posterior-chain training, specifically designed to develop hip extension strength and pelvic stability. The standing hip thrust mechanism replicates natural hip-extension patterns, effectively targeting the gluteus maximus, gluteus medius, and the long head of the biceps femoris, while reducing lumbar strain and promoting efficient force transfer through the kinetic chain.

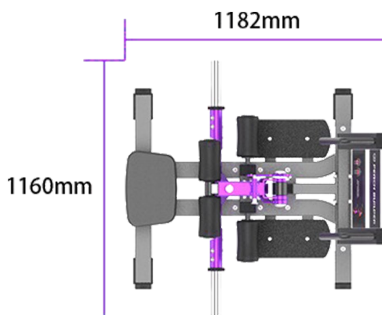
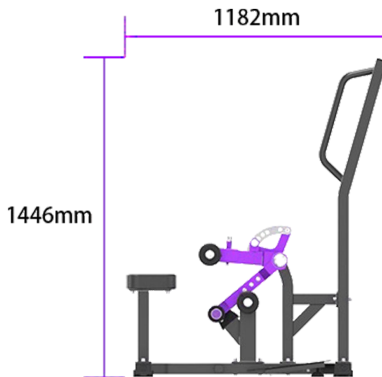
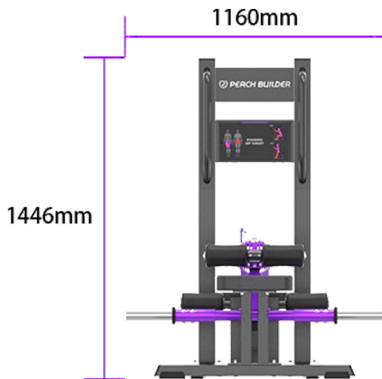
The multi-adjustable thigh pad and ergonomic anti-slip footplate ensure proper alignment for users of varying heights and leg lengths, maintaining pelvic stability and a natural force path. The extended soft-grip handles provide balanced support and reduce upper-body tension, allowing for focused glute activation throughout the movement.

With band attachment points for progressive resistance, the PB402 allows users to increase end-range tension and achieve deeper peak contraction. Its durable construction, refined ergonomics, and elegant finish make it a perfect blend of performance, comfort, and aesthetics for professional gym environments.

SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	1182*1160*1446mm
Net Weight:	88kg



Product Features



Standing Hip Extension Design

Reinforces glute-dominant movement patterns, enhancing hip drive, control, and posterior-chain strength.



Adjustable Thigh Support System

Multi-angle, multi-length thigh pads accommodate different users, ensuring stable alignment and efficient force transfer.



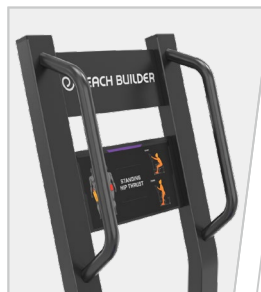
Ergonomic Anti-Slip Footplate

Precisely angled to support natural ankle motion while preventing lower-body compensation.



Progressive Resistance Integration

Band hooks provide variable resistance at the end range, maximizing peak contraction and training intensity.



Soft-Grip Handles & Safety Support

Skin-friendly handles deliver comfortable balance assistance during heavy loading, enhancing safety and control.