

INDIVIDUAL PRODUCT DETAILS

BR7031 3D Smith Hip Thruster



1. Identity Card

Model BR7031

English Name 3D Smith Hip Thruster

Primary Muscle Gluteus Maximus

Secondary Muscles Hamstrings, Core Muscles

One-line Pitch

“Precisely replicating the anatomical trajectory of free-weight hip thrusts, this machine locks in glute engagement through a multi-dimensional support system for maximum hypertrophy.”

2. Product Overview

The **BR7031** is a premium plate-loaded machine engineered for glute and core development, featuring a robust exterior and solid structure ideal for professional strength facilities, athletic performance centers, and advanced strength zones within commercial fitness clubs. The load bar is integrated with a high-precision guide rail system and supports 3-position start height adjustment, accurately replicating the natural movement path of a free-weight hip thrust to match the hip joint's anatomical curve. The ergonomically designed bar pad is optimized in diameter and shape to maximize comfort during heavy lifting. To ensure stability, the machine features a 4-position adjustable back pad and 7-position adjustable shoulder pads, which help lock the body in place and minimize leg compensation, keeping the focus entirely on the glutes. Additionally, the oversized anti-slip footplate is precision-angled to align with gluteal muscle function, ensuring comprehensive and accurate activation of the gluteus maximus and medius.

3. Key Features



Authentic Trajectory & Glute Focus

The movement path perfectly replicates free-weight hip thrusts, aligning with the physiological curve of the hip joint for natural force delivery and concentrated stimulation.



Ergonomic Bracing & Stability

A 4-position adjustable back pad and 7-position shoulder pads secure the user's posture, effectively preventing compensation and enhancing training focus.



Biomechanical Load Curve Optimization

The oversized footplate is precision-calculated to ensure leg placement aligns with the optimal functional path of the glutes for comprehensive activation.



Optimized Load & Comfort

Ergonomic bar pad design combined with 3-position start height adjustment accommodates various body types, ensuring efficient force delivery under heavy loads.

4. Main Parameters

Functional	Single Function
Dimensions (L × W × H)	1757×1698×1362mm 69"×67"×54"
Net Weight	187kg/412lbs
Starting weight without load	21.35kg/47lbs
Max Load Capacity	One side 100kg/221lbs
Bearing type	linear motion bearing
Linkage mechanism	NO
Main Frame Tubing	PT50×100×2.5mm
Arm Tubing	Φ30barbell bar