



Worldwide Fitness Company



# HIP THRUST MACHINE

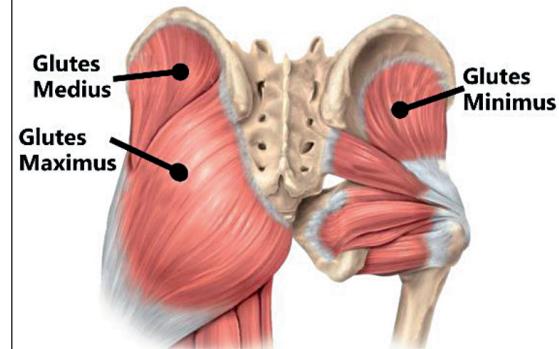
This innovative machine adds to the wide range of **Panatta equipment** for training the back of thighs muscles. It focuses on a targeted workout on the Glutes that reproduces the classical Hip Thrust exercise done in the supine position and that is becoming so popular at the gym.

**The Hip Thrust** machine allows performing the thrust movement of the hips in a more practical and efficient way compared to the exercise with the barbell. In fact, this new machine is particularly comfortable even when using big loads, thanks to the workout station designed with modern criteria of biomechanics and ergonomics that ensures the correct posture of the back.

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## MUSCLES ANATOMY

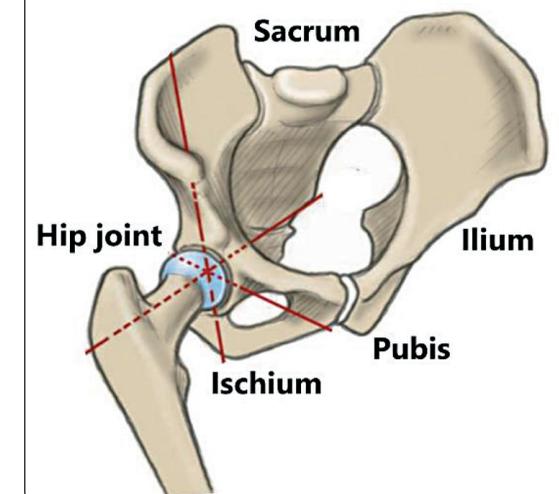
### GLUTEUS MUSCLES



**Single Joint Muscle**  
Articulation Coxo-femoral

**ACTION and FUNCTION**  
abduction, extension and external rotation of the femur

### ARTICULATION COXO-FEMORAL



The lower limb has its main pivot in the “coxo-femoral” articulation of the hip, allowing different movements of the hips and the action of several muscles, with particular attention on the Gluteus Maximus. The last one, beyond being one of the biggest and important muscles of the body also

shapes the aesthetics of the whole gluteus muscles and the hips.

The Gluteus takes significant action with consistent application of the loads when the hips extend over the trunk, finding the best muscular activation in appropriate biomechanical conditions: trunk extension in breach

support with the foot firmly on the ground and starting position at about 90° of the hip flexion.

The muscles fibers stand in the optimal position to express the best strength and consequent muscles activation. The Panatta Hip Thrust machine accurately reproduces these optimal biomechanical conditions.

### TECHNICAL FEATURES OF THE “HIP THRUST MACHINE”

The Hip Thrust Machine workout station is made of three fundamental elements:

- A central bench where the user sits down in the starting phase
- A wide height-adjustable platform with foot tilting backseat that follows the user movement during the exercise.

In addition, the machine is equipped with an adjustable gas-assisted thrust roller that allows easy entry and exit from the machine.

## EXERCISE BIOMECHANICS

The Hip Thrust produces a resistance with a rising load curve that during the extension of the hips ensures an efficient and physiological workout on the glutes muscles; the user can perform the exercise with the two thighs, in a bilateral way, both with one thigh and in the mono-lateral version.

### BASIC EXERCISE WITH THE HIP THRUST MACHINE



**POSITION:** First, the user positions themselves on the machine in the supine position; then, takes the thrust roller down and put it on the lower abdomen. In the starting phase, it is very important to align the three joints: hips, knee and ankle at a right angle (90° of flexion) in order to put the maximum muscle strength during the exercise.



**PERFORMANCE:** The exercise shows a contemporary extension of the hips and the trunk, opening and closing the hip joint and keeping the lumbar stable. The resistance, consisting of the weight stack, moves to the thrust roller, held with the appropriate handle in order to allow the user to raise the trunk in total safety and stability.

**MUSCLES ACTIVATION:** The work focuses on the back muscles of the thighs with a specific activation of the Glutes; in fact, thanks to the flexed knees, it reduces the hamstring muscles commitment, facilitating the isolation of the Gluteus Maximus. This one during this exercise reaches the best contraction of its muscular fibers this allowing big loads to be lifted.

**The mono-lateral variant** creates a more selective input on the Gluteus Maximus giving the opportunity to train it individually; in any case, the performance of the exercise, in both mono-lateral and bi-lateral version, requires the check of the core-stability to ensure the correct posture of the back.

### TRAINING PROPOSAL WITH THE "HIP THRUST MACHINE"

The Panatta technical team suggests using the Hip Thrust preferably in the bi-lateral version to allow the different users a more practical and natural approach when performing the thrust of the hips against resistance; this kind of exercise is toning and muscles development of the glutes.

The training programme foresees a gradual progression of the working loads, made of 3-5 sets x 10-15 reps each one, with a recovery of about 1 min., maintaining the contraction for about 1 min at the end of the concentric phase to allow a deeper muscular input.

On the contrary, for a specific workout, it is possible to use the mono-lateral version, for smaller loads, in order to create a glutes workout that can be useful for a targeted toning or for sports strengthening that requires an alternate commitment of the two limbs. In this last case, the training programme can use an explosive start with 4-6 sets x 6-8 recovery performed with the maximum stability and with a recovery of about 3 min. between one series and the others.