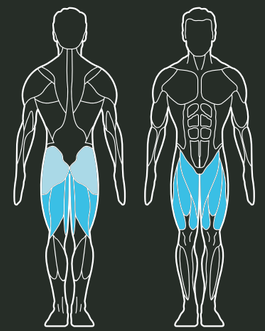
pulsefitness

HIP THRUST



1. Select workout load.
2. Adjust the foot plate and pad using the range selector pins.
3. Lean against the seat back pad and bend knees.
4. Grip handle, push through feet, tighten torso, lift hips up until body is in a straight line with upper legs and torso.
5. Maintain a smooth, controlled motion.
6. Exhale as you press, hold position for a few seconds, inhale on the return.
7. Do **not** hold your breath.

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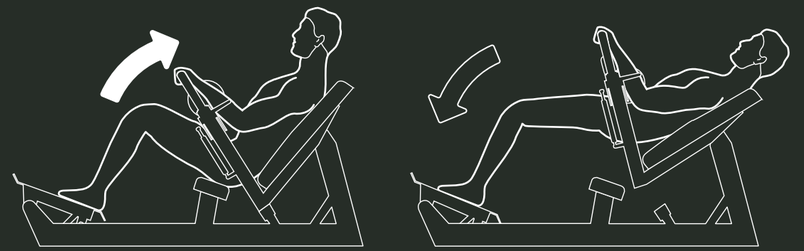

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