BT BODYTONE SR11E

BT BODYTONE SR11E Hip Thrust Machine

USER MANUAL

1. Introduction

Thank you for choosing the BT BODYTONE SR11E Hip Thrust Machine. This professional-grade equipment from the Solid Rock line is engineered for optimal hip and glute muscle development, offering exceptional biomechanical features and robust construction. This manual provides essential information for the safe and effective setup, operation, and maintenance of your SR11E Hip Thrust Machine.

The SR11E is distinguished by its high-quality materials, including a cold-bent steel structure for enhanced durability and performance. It features a textured handle for superior grip, adjustable seating, and ample weight plate storage. Designed for high-end gyms and sports centers, this machine ensures a professional strength training experience.

2. Safety Information

- Read all instructions carefully before assembly and use.
- Ensure all bolts and nuts are securely tightened before each use. Regularly check for loose components.
- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during operation.
- Use the machine on a stable, level surface.
- Do not exceed the maximum weight capacity of 157 kg (346 lbs) for the exercise supports.
- Always use proper form and controlled movements during exercises.
- If you experience pain or discomfort, stop exercising immediately.
- Wear appropriate athletic footwear and clothing.

3. Setup and Assembly

The SR11E Hip Thrust Machine requires assembly. Follow the detailed assembly instructions provided in the separate assembly guide. Ensure all components are correctly aligned and securely fastened using the plate-to-plate system to prevent any play or torsion.



Figure 1: Side view of the assembled BT BODYTONE SR11E Hip Thrust Machine, showing its robust frame and SR11E model designation.

3.1. Positioning

Place the machine on a flat, stable surface. Ensure there is sufficient space around the machine for safe operation and loading/unloading of weight plates.

3.2. Seat Height Adjustment

The seat is height-adjustable to accommodate users ranging from approximately 150 cm to 200 cm. To adjust the seat height:

1. Locate the seat adjustment mechanism (typically a pull-pin or lever).
2. Pull the pin/lever and slide the seat to the desired height.
3. Release the pin/lever and ensure it locks securely into place.



Figure 2: Close-up view of the seat height adjustment mechanism, highlighting the secure locking pin.

4. Operating Instructions

4.1. Loading Weight Plates

The SR11E features two storage supports for weight plates and two exercise supports. Each storage support can hold up to four 20 kg discs per side. The exercise supports can bear up to 120 kg per side.

- Carefully slide standard Olympic weight plates onto the exercise supports.
- Ensure an even distribution of weight on both sides for balanced operation.
- Secure plates with collars (not included) if necessary, especially for heavy loads.



Figure 3: Rear view of the SR11E, illustrating the weight plate holders on either side of the main frame.

4.2. Performing Hip Thrusts

1. Adjust the seat height to ensure your upper back is comfortably supported and your feet can be placed flat on the foot platform.
2. Sit on the machine with your back against the padded support.
3. Secure the safety strap/belt across your hips. Ensure it is snug but not overly tight.



Figure 4: Close-up view of the safety strap mechanism, showing how to secure the belt for exercise.

4. Place your feet firmly on the foot platform, hip-width apart.
5. Engage your core and glutes, then push through your heels to lift the weight, extending your hips fully.
6. Pause briefly at the top, squeezing your glutes.
7. Slowly lower the weight back to the starting position with control.
8. Repeat for the desired number of repetitions.

5. Maintenance

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Use a mild, non-abrasive cleaner if necessary.
- **Inspection:** Regularly inspect all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Moving parts may require occasional lubrication with a silicone-based lubricant to ensure smooth operation.
- **Storage:** Store the machine in a dry, temperate environment away from direct sunlight and extreme temperatures.

6. Troubleshooting

- **Machine feels unstable:** Ensure the machine is placed on a level surface. Check all assembly bolts and nuts for tightness.
- **Difficulty adjusting seat:** Ensure the adjustment pin/lever is fully disengaged. Clean any debris from the adjustment track.
- **Squeaking noises:** Identify the source of the noise and apply a small amount of lubricant to the moving parts.
- **Weight plates not sliding smoothly:** Check for any obstructions on the exercise supports. Clean and lightly lubricate the bars if needed.

7. Specifications

Model	SR11E
Dimensions (L x W x H)	146 x 201 x 79 cm (57.5 x 79.1 x 31.1 inches)
Structure Material	Steel tubes (110 x 52 mm, 3 mm thickness)
Max. Load Capacity (Exercise Supports)	120 kg (264 lbs) per side, total 157 kg (346 lbs)
Weight Plate Storage	2 supports, each accommodating 4 x 20 kg discs per side
User Height Range	Approx. 150 - 200 cm (4'11" - 6'7")
Paint Finish	3 layers of epoxy polyester paint for oxidation resistance
Welding Standard	UNE 10219



Figure 5: Top-down view of the SR11E Hip Thrust Machine, illustrating its overall footprint and design.

8. Warranty and Support

BT BODYTONE products are manufactured to high standards and undergo rigorous quality control. For specific warranty details, please refer to the warranty card included with your purchase or visit the official BT BODYTONE website.

For technical support, spare parts, or any inquiries regarding your SR11E Hip Thrust Machine, please contact BT BODYTONE customer service. You can find contact information on the official brand store: BT BODYTONE Store.

© 2023 BT BODYTONE. All rights reserved.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question