

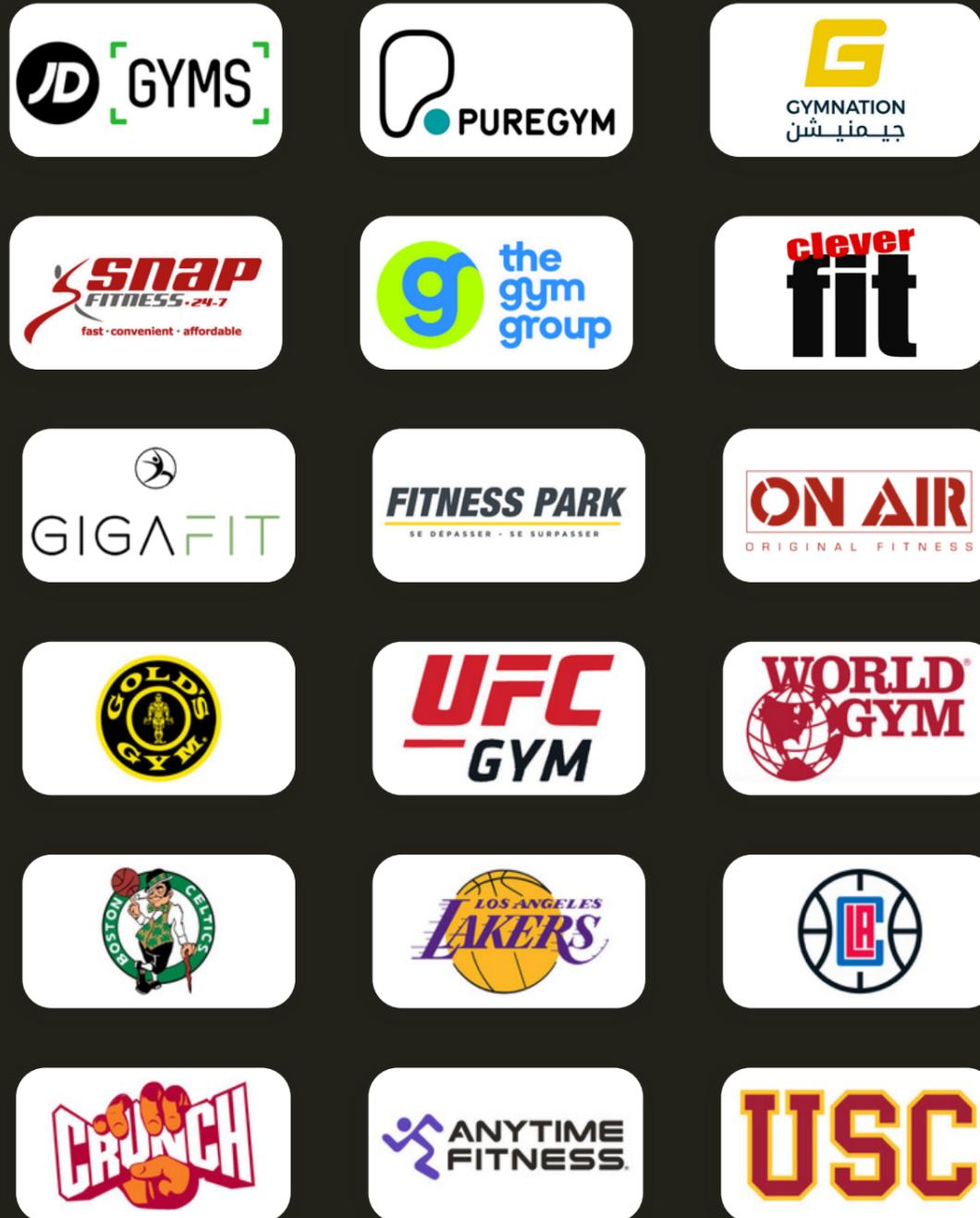


BOOTY BUILDER

The original hip thrust machine

PRODUCTS CATALOG 2025

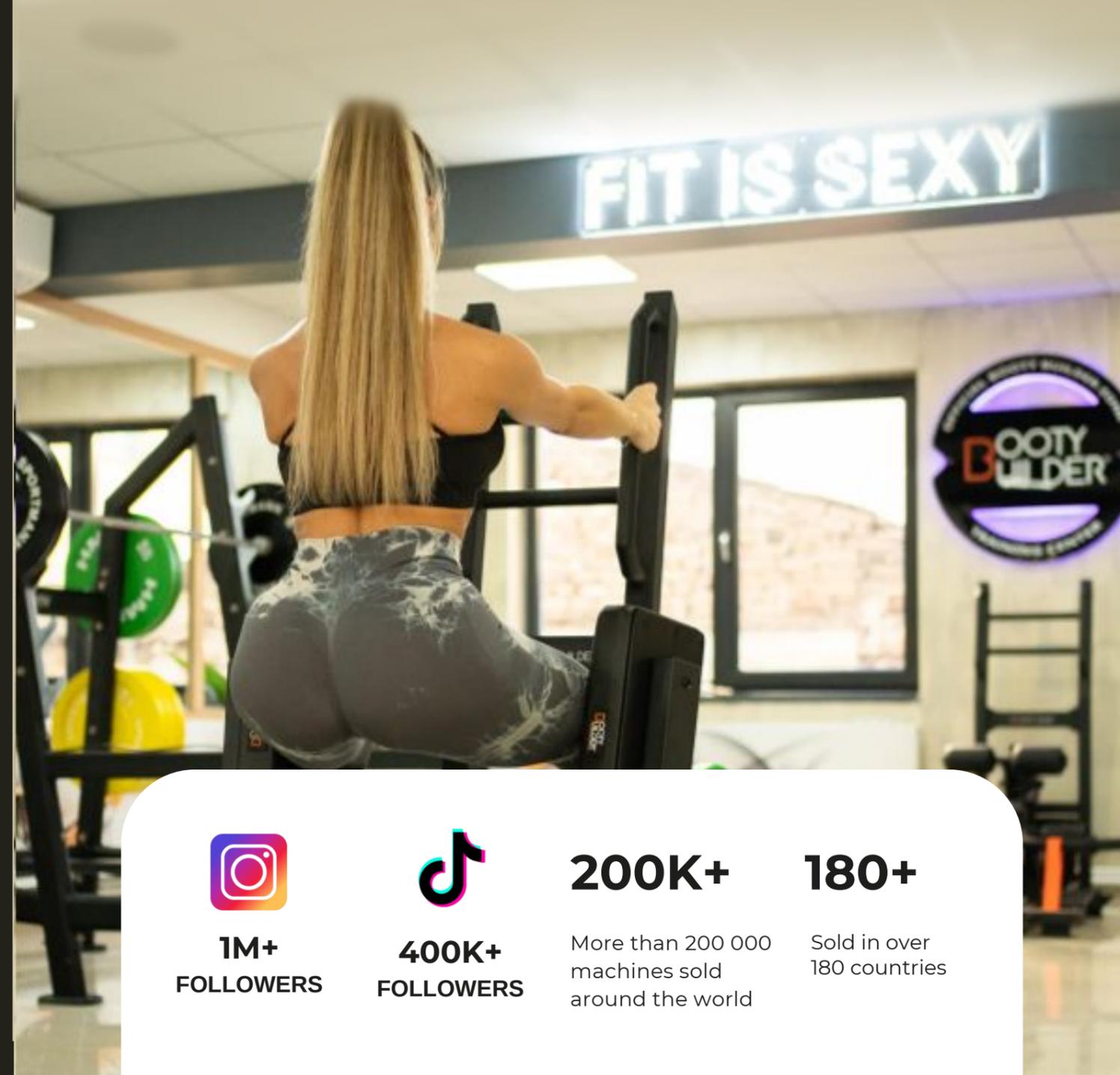
LOCATED AT THE BEST GYMS AROUND THE WORLD



BOOTY BUILDER, A BRAND THAT ATTRACTS CROWDS AND CUSTOMERS

Booty Builder is the Hip Trust brand preferred by professionals, athletes and workout enthusiasts.

Unique gym machines and a complete circuit of gym equipment invented by Haakon A. Larsen, designed to develop the glute muscles in a completely innovative and easy-to-use way. With more than a million subscribers on social networks, Booty Builder has established itself as an essential brand, ready to attract members on gyms and fitness clubs all over the world.



1M+
FOLLOWERS



400K+
FOLLOWERS

200K+

More than 200 000 machines sold around the world

180+

Sold in over 180 countries

BOOTY BUILDER ZONE

Differentiate yourself from your competitors and attract new customers with this unique training zone dedicated to training the glute muscles.

The Booty Builder Zone comes with the "Official Booty Builder Training Center" wall sign and consists of 11 machines dedicated to training the glute muscles.

Working on the posterior chain - the glutes, hamstrings and lower back, has become an essential part of weight training programs, both for aesthetic and functional reasons.

Inspired and motivated by thousands of Squat and other Hip Thrust posts on social media, more and more gym members are looking for specific glute exercise machines. The Booty Builder Zone is the ideal solution!



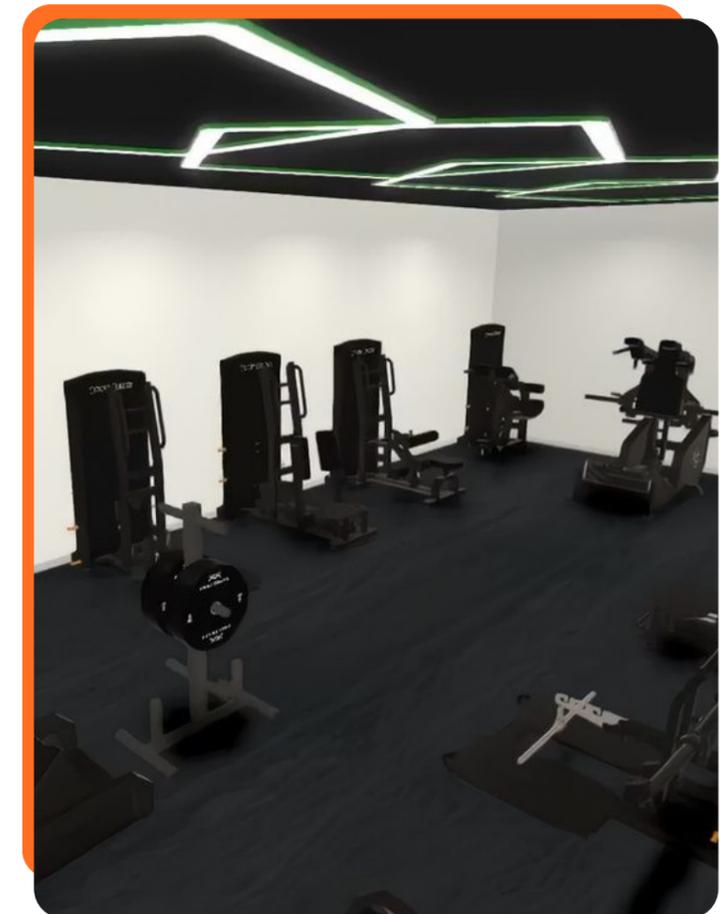
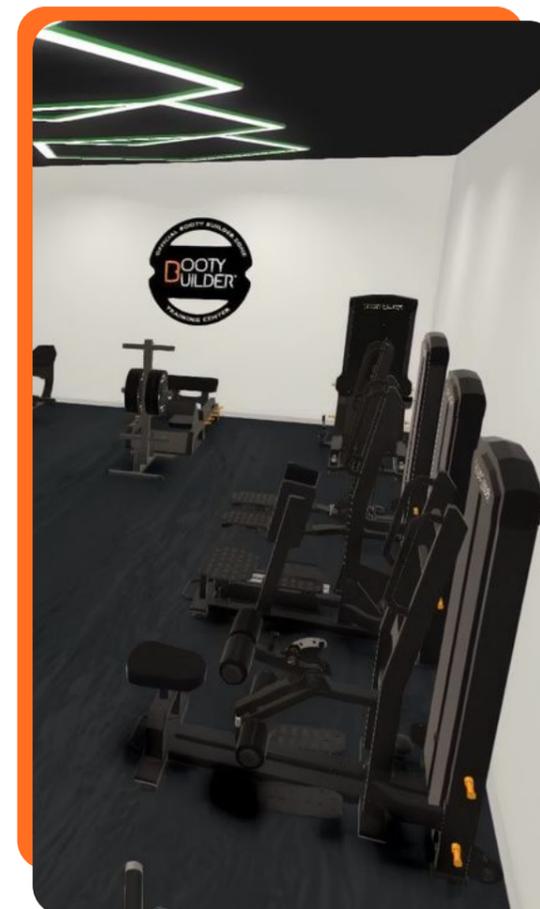
DIMENSIONS

Number of machines : From: 5 machines
 Amount of square metres: From: 20 sqm

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3D DESIGN OF YOUR FITNESS CLUB



SELECTORIZED

SELECTORIZED PENDULUM HIP PRESS

Tired of traditional leg presses that fall short? The Booty Builder Pendulum Hip Press is a brand new machine engineered to maximize hip and glute activation, surpassing the results of standard leg presses. Say goodbye to spinal compression and knee shearing – this machine prioritizes safety while delivering unparalleled muscle engagement. The Pendulum Hip Press is probably the most compact and space saving hip/leg press machine on the market.

*Set of 2 orange resistance bands included.

DIMENSIONS

Net weight: 390 kg
H 186,5 x W 109,9 x L 136,5 cm

Weight stack : 160 kg

LEARN MORE



SELECTORIZED

SELECTORIZED STANDING ADDUCTOR

The brand new Selectorized Standing Adductor machine is designed for standing adductions, targeting the inner thigh muscles to improve hip flexibility and lower body strength. With multiple hand positions, a large footplate, and thick padding, it ensures comfort, stability, and effective muscle activation.

*Set of 2 orange resistance bands included.

ADVANTAGES

- TARGETED ACTIVATION**
Isolating and strengthening your inner thigh muscles for improved lower body stability and power.
- UNMATCHED COMFORT**
Superior comfort with thick, supportive padding. The large, stable footplate and multiple hand positions ensure proper form and maximum muscle engagement.
- VERSATILITY**
Building muscles, improving athletic performance, or enhancing overall lower body strength, this hip adduction machine is a valuable addition to any training regimen.

DIMENSIONS

Net Weight : 385 kg
L 160 x W 137 x H 160 cm

Weight stack : 110 kg

LEARN MORE



ADVANTAGES

- ENHANCED SAFETY**
minimizes spinal compression and reduces shearing forces on the knees, providing a safe and effective training experience.
- CUSTOMIZABLE FIT**
The moveable seat and the adjustable stopper allow precise adjustments, ensuring optimal positioning for users of all sizes.
- BETTER ISOLATION**
Designed to isolate and strengthen your posterior chain for superior results, allows to experience a level of hip and glute engagement far beyond traditional leg presses.



SELECTORIZED

SELECTORIZED 3D MULTI-ABDUCTOR

The brand new Selectorized 3D Multi-Abductor strengthens the glutes by combining hip extension and abduction in one smooth movement. With thick padding, and adjustable settings, it offers a comfortable and effective lower-body workout for all users

*Set of 2 orange resistance bands included.



SELECTORIZED

SELECTORIZED DEADLIFT

The new Selectorized Deadlift machine is designed for deadlifts, good mornings, and RDLs, with an adjustable footplate, and multiple handle options for versatility and comfort. Its large foot platform and various height adjustments ensure a customized fit for users of all sizes.

*Set of 2 orange resistance bands included.

ADVANTAGES

- 3D GLUTE ACTIVATION**
Combines hip extension and abduction for comprehensive glute strengthening, targeting multiple muscle fibers simultaneously.
- ADJUSTABLE SETTINGS**
Customize the machine to your individual body proportions and training goals, ensuring a personalized and effective workout.
- EASY TO USE**
from beginner to advanced, with big foot plates, large grips and a brand new easy-to-attach foot strap.

DIMENSIONS

Net weight: 510 kg
L 173 x W 132 x H 160 cm

Weight stack : 160 kg

LEARN MORE



ADVANTAGES

- VERSALITY**
Seamlessly transition between deadlifts, good mornings, and RDLs, targeting your posterior chain with exceptional precision.
- VARIABLE ADJUSTMENTS**
Customize your foot placement, tailor the machine to your individual height and choose from various handle positions for a personalized and effective workout.
- ENHANCED SAFETY**
Reduce the risk of injury with controlled movements and a stable machine design.

DIMENSIONS

Net Weight : 490 kg
L 163 x W 112 x H 158 cm

Weight stack : 110 kg

LEARN MORE





SELECTORIZED

SELECTORIZED SPLIT SQUAT & DEADLIFT

The new Selectorized Split Squat & Deadlift machine is designed for split squats, deadlifts, and more. It includes a built-in pad for split squats, multiple handle options, a large foot platform, and adjustable height settings for a customized fit and comfort.

*Set of 2 orange resistance bands included.

ADVANTAGES

- MULTI-FUNCTIONAL DESIGN**
Perform split squats, deadlifts, and other variations with ease, maximizing your workout efficiency.
- ADJUSTABLE FIT**
Customize the machine to your individual height and body proportions and choose from various handle positions for a personalized and effective workout.
- ENHANCED COMFORT**
Provides comfortable and stable support during split squat exercises, ensuring proper form and reducing strain.

DIMENSIONS

Net weight: 390 kg
L 201 x W 122 x H 158 cm

Weight stack : 110 kg

LEARN MORE



SELECTORIZED

SELECTORIZED STEP-UP

The brand new Selectorized Step-Up Machine is designed for step-ups. Featuring thick shoulder padding and a height-adjustable footplate for proper positioning. With multiple height adjustments, it accommodates users of all sizes, making it perfect for effective lower-body training.

*Set of 2 orange resistance bands included.

ADVANTAGES

- TARGETED ACTIVATION**
Specifically designed for step-ups, this machine effectively targets your quads, glutes, and hamstrings.
- ADJUSTABLE FIT**
Ensure proper positioning and biomechanics with a footplate and adjust the step height to match your fitness level and training goals.
- VERSATILITY**
Building muscles, improving athletic performance, or enhancing overall lower body strength, this hip adduction machine is a valuable addition to any training regimen.

DIMENSIONS

Net Weight : 385 kg
L 160 x W 137 x H 160 cm

Weight stack : 100 kg

LEARN MORE





SELECTORIZED

SELECTORIZED BACK EXTENSION

The BB back extension eliminates the struggle gripping weight plates / kettle bells for added resistance, when performing the hyperextension exercise.

The Selectorized Back Extension machine, allows you to conveniently hold onto a barebell for the added resistance, and avoids weights being dropped to the floor.

The multiple height adjustments is ideal for any user, it helps you target anywhere between hamstrings / glutes and lower back.

With dual usage, it can also be used for leg swing exercises with ankle strap attachment. You can adjust the height of the handle bars to suit the user for stability during the exercise.

*Set of 2 orange resistance bands included.

ADVANTAGES

- Back extensions maintains the tension throughout the entire range of motion.
- Back extensions decompress the spine at the bottom.
- To properly load the posterior chain you need only a small amount of weight, compared to many other exercises
- Switch to unilateral back extensions and you need even less load.

DIMENSIONS

Net weight: 255 kg
L 1220 x W 990 x H 1578 mm

Weight stack : 120 kg
16 bars x 7,5 kg

LEARN MORE



SELECTORIZED

SELECTORIZED KICK BACK

Our new Selectorized Kick Back Machine features a 110LB / 50KG weight stack for quick and easy weight changes.

The raised foot platform allows you to swing your leg without your foot hitting the floor. Designed for athletes of all sizes, this machine offers multiple handle options for a customized and comfortable experience.

Its compact and sturdy design ensures durability and stability during workouts, making it an essential addition to any gym.

ADVANTAGES

- BETTER ISOLATION**
and easier to perform the movement.
- CAREFULLY DESIGNED**
to avoid using a pulley or using a cable cross machine.
- EASY TO USE**
from beginner to advanced, with big foot plates, large grips and a brand new easy-to-attach foot strap.

DIMENSIONS

Net Weight : 181 kg
L 1508 x W 861 x H 1578 mm

Weight stack : 50 kg
10 bars x 5 kg

LEARN MORE



SELECTORIZED

BOOTY BUILDER V8

The Booty Builder® V8 is our latest innovation. It is built on experience from our seven previous models. BB V8 is totally redesigned. It takes less space and footprint than our previous models. Easier to adjust and faster setup!

BB V8 eliminates the need to occupy benches, barbells, weight plates and floor space. The innovative design makes it possible to place it close to a wall, or into a corner.

The patented raised feet design gives users the optimal range of motion and movement for targeting the gluteus maximus. The adjustable cushioned belt makes is comfortable and easy to set up.

Add the Booty Builder bands for extra resistance and explosive movement required for sports performance.

*Set of 2 orange resistance bands included.



PLATE LOADED

PLATINUM V4

Booty Builder® PLATINUM is our new and innovative plate loaded machine, which makes hip-thrusting safe, easy and fun, on a minimal footprint.

Booty Builder Platinum provides the ultimate glute workout with its patented raised feet design allowing for a deeper range of movement and constant resistance for better results. The cushioned seatbelt design adds extra comfort so you can load up heavy weight.

Linear bearing seat rollers makes Platinum easy to adjust to suit all sizes.

Add the Booty Builder bands for extra resistance and explosive movement required for sports performance.

*Bumper plates sold separately.
**Set of 2 orange resistance bands included.



ADVANTAGES

- 1 BETTER GLUTE ISOLATION** thanks to the patented raised platform, which allows a greater range of motion.
- 2 ADJUSTABLE TO THE USER** thanks to a multitude of possible adjustments (depth, height, belt tightening).
- 3 BETTER COMFORT** thanks to the padded and flexible belt, especially compared to exercising with a bar.

DIMENSIONS

Net weight : 340 kg
L 201 × W 97 × H 158 cm

Weight stack : 160 kg
16 bars x 10 kg

LEARN MORE



ADVANTAGES

- 1 BETTER GLUTE ISOLATION** thanks to the patented raised platform which allows, a greater range of motion.
- 2 ADJUSTABLE TO THE USER** thanks to a multitude of possible adjustments (depth, height, belt tightening).
- 3 BETTER COMFORT** thanks to the padded and flexible belt, especially compared to exercising with a bar.

DIMENSIONS

Net weight : 140 kg
L 170 × W 144 × H 78 cm
max. load : 200 kg

LEARN MORE



PLATE LOADED

DUAL HIP THRUST

This innovative machine combines the best of both worlds to deliver an unparalleled hip thrust experience. We're the first to offer both an easily adjustable backrest and an elevated, adjustable footplate, ensuring optimal positioning for users of all heights.

The footplate slides smoothly back and forth on linear bearings, and the backrest adjusts with our innovative solution. The machine also features relocatable band pegs for countless upper and lower body resistance band exercises.

*Bumper plates sold separately.
**Resistance bands not included.



PLATE LOADED

DBOOTY BUILDER REVERSE LUNGE

The brand new Plate Loaded Lunge Machine is designed for performing sliding reverse lunges, targeting the glutes, hamstrings, and core with a stable and controlled movement. It features adjustable height settings and a large footplate for a comfortable fit for users of all sizes.

*Bumper plates sold separately.
**Resistance bands not included.

NEW



ADVANTAGES

- 1 DIVERSITY**
Perform traditional barbell hip thrusts with feet on the ground and elevated footplate hip thrusts for isolated glute and hamstring training or resistance exercises.
- 2 ADJUSTABLE SETTINGS**
Adjustable backrest and footrest to maintain an optimal position for users of different heights.
- 3 BETTER ISOLATION**
The elevated footrest provides a deeper range of motion, effectively engaging the glute muscles and minimizing quadriceps involvement.

DIMENSIONS

Net weight : 125 kg
L 188 × W 101 × H 50 cm

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ADVANTAGES

- 1 TARGETED ACTIVATION**
Effectively engages your posterior chain and core muscles with sliding reverse lunges.
- 2 ADJUSTABLE SETTINGS**
Customize the machine to your individual height and body proportions for a personalized and comfortable workout.
- 3 CONTROLLED MOVEMENT**
Provides a secure platform to minimize injury risk and maximize muscle engagement.

DIMENSIONS

Net weight : 310 kg
L 224 cm x W 140 cm x H 69 cm

LEARN MORE



*Set of 2 orange resistance bands included.



SELECTORIZED

SELECTORIZED STANDING HIP THRUST

The worlds first Selectorized Standing Hip Thrust machine!

Upgrade your space with our new selectorized weight stack design, providing optimal ease of use and versatility. The Booty Builder Selectorized Standing Hip Thrust Machine features thick padding for pelvic support and multiple hand positions for athletes of all sizes.

Easily select your desired weight using the 120 kg / 264 lbs selectorized weight stack and/or add optional Booty Builder Resistance Bands for more top end resistance!

All this fits within a compact design, perfect for any gym space.

ADVANTAGES

- 1 UNIQUE MOVEMENT**
for a new variation of the traditional hip thrust exercise in a standing version.
- 2 COMPACT DESIGN**
With small footprint.
- 3 EASY TO USE**
from beginner to advanced.



DIMENSIONS

Net weight : 263 kg
L 152 x W 86 x H 158 cm

Weight stack : 120 kg
12 bars x 10 kg

LEARN MORE

PLATE LOADED

STANDING HIP THRUST

- Great introductory and variation to the traditional hip thrust exercise.
- Most comfortable way to hip thrust, thick padding for pelvic support.
- Multiple hand positions design for comfort and variation.
- Load with weight plates and resistance bands.
- Compact design.

*Bumper plates sold separately.
*Resistance bands not included.

ADVANTAGES

- 1 UNIQUE MOVEMENT**
for a new variation of the traditional hip thrust exercise in a standing version.
- 2 COMPACT DESIGN**
With small footprint.
- 3 EASY TO USE**
from beginner to advanced.



DIMENSIONS

Net weight: 96 kg
L 114 x W 109 x H 142 cm
max. load : 200 kg

LEARN MORE



*Set of 2 orange resistance bands included.



SELECTORIZED

SELECTORIZED STANDING HIP ABDUCTOR

Achieve ease of use and optimal activation for your upper and side glutes with our new selectorized weight stack design.

Our Selectorized Standing Hip Abductor enhances hip mobility, balance, and core stability all while building your glutes.

This machine offers multiple hand positions for athletes of all heights.

Featuring a large footplate and thick padding for safety and comfort. The 198LB / 90KG selectorized weight stack makes it quick and easy to select your desired weights for all users.

ADVANTAGES

- 1 ADAPTS TO THE USER**
thanks to a better hand position when performing for maximum comfort and more exercise possibilities.
- 2 BETTER COMFORT**
thanks to its large foot plate and thick padding.
- 3 EASY TO ISOLATE**
and adjust your body position in order to target your muscles regardless of height.



DIMENSIONS

Net weight: 263 kg
L 159 × W 86 × H 1578 mm

Weight stack : 90 kg
12 bars x 7,5 kg

LEARN MORE

PLATE LOADED

STANDING HIP ABDUCTOR

- Optimum muscle activation for upper and side glutes.
- Improves hip mobility and balance while strengthening core stability.
- Multiple hand positions design for comfort and variation.
- Large footplate and thick padding for safety and comfort.
- Load with weight plates and resistance bands.
- Compact design.

*Bumper plates sold separately.
*Resistance bands not included.



ADVANTAGES

- 1 ADAPTS TO THE USER**
thanks to a better hand position when performing for maximum comfort and more exercise possibilities.
- 2 BETTER COMFORT**
thanks to its large foot plate and thick padding.
- 3 EASY TO ISOLATE**
and adjust your body position in order to target your muscles regardless of height.



DIMENSIONS

Net Weight : 116 kg
L 1625 x W584 x H 1498 mm
max. load : 200 kg

LEARN MORE

PLATE LOADED

*Bumper plates sold separately.
*Resistance bands not included.



BOOTY BUILDER V SQUAT MACHINE

The V squat machine allows for a more targeted activation of the quadriceps, glutes, and hamstrings, which can lead to better muscle development and strength gains.

V squats are rather low-impact, and allow lifters to place less stress on their knees and hips, thereby reducing the risk of chronic overuse injuries and developing symptoms of discomfort.

Compared to traditional barbell squats, the V squat machine can help reduce the stress on the lower back. This can be beneficial for individuals who have lower back issues or who are recovering from an injury.

ADVANTAGES

STABILITY AND CONTROL

1 allows for a more controlled and stable movement, which can be beneficial for individuals who are new to strength training or who need to work on their form.

VERSATILITY

2 can be used for a variety of exercises, including traditional V squats, reverse V squats, and single-leg variations, allowing for a wider range of training options.

SAFETY

3 safety features such as locking mechanism and safety stop, which can help prevent injuries and provide a greater sense of security during training.

DIMENSIONS

Net Weight : 235 kg
L 199 x W 127 x H 163 cm
max. load : 400 kg

LEARN MORE



PLATE LOADED

BOOTY BUILDER BELT SQUAT

- TDeep range of motion without putting the strain on your shoulders, spine, and lower back.
- Multiple rack support and belt positioning to suit all heights.
- Multiple function with barbell attachment for deadlifts, rows etc.
- Cushioned belt for extra comfort.
- Transport wheels to move around if required.
- Large storage rack to store weights.
- Resistance Bands able to be added.
- Compact Design.

*Bumper plates sold separately.
*Resistance bands not included.



ADVANTAGES

1 **INCREASED SAFETY**
and reduced stress on the lower back.

2 **VERSATILITY**
thanks to a large and stable platform, allows a greater diversity of movements such as squats, rows and bulgarian deadlifts.

3 **STABILITY AND CONTROL**
during the full range of motion.

DIMENSIONS

Net Weight : 126 kg
L 203 x W 81 x H 168 cm
max. load : 200 kg

LEARN MORE



ACCESSORIES

ROLLING BUMPER STORAGE

Practical storage for your Booty Builder Zone. Custom made with similar design as our machines. Keeps your gym tidy and organized. Easy to move with handle and wheels.

DIMENSIONS

Net Weight : 30 kg
50.8 x 61.0 x 76.2 cm



ACCESSORIES

SOFT PLYO BOX

Soft plyometric box is a versatile training tool designed to enhance explosive power. It's a stable platform used for plyometric exercises, including box jumps, box squats, and box step-ups. BB plyo box is firm enough to perform plyometric movements, but soft enough that they will not injure your shins if you miss.

DIMENSIONS

Net Weight : 30 kg
50.8 x 61.0 x 76.2 cm



BUMPER PLATE SET 100 KG

Custom made bumper plates for the Booty Builder Zone. A perfect combination with our rolling bumper storage. Also available in LBS.

LEARN MORE



SPLIT SQUAT STAND

The Booty Builder Split Squat Stand is a top-tier, adjustable stand that allows for safe and effective development of unilateral leg strength, recognized as the industry standard for its stability and quality.

LEARN MORE



ACCESSORIES

HIP THRUST OLYMPIC BARBELL

- Heavy duty steel construction with black finish.
- Fits Olympic weight plates and boasts a 500 LB capacity.
- Diamond knurled surface for a secure grip for every lift.

SPECIFICATIONS

Overall Bar length: 150cm
Weight capacity: 227 KG

BARBELL PAD for Hip Thrusts and Squats

The Booty Builder Barbell Pad allows you to focus on your form without pain. Made from high-quality, high-density, thick foam rubber for increased durability. Multiple open and close cell foam, absorbing all shocks for increased comfort and reduced injury.

Anti-Slip matte finish to reduce risk of slippage and increase grip on the shoulders.

DIMENSIONS

Net weight: 12,5 kg
L: 1500 mm

BANDS

MINI BANDS

3-PACK BLACK
4-PACK PINK

POWER BAND

PINK
ORANGE
TURQUISE
BLACK

ADJUSTABLE LOOP BAND

PINK
TURQUISE



[LEARN MORE](#)



BOOTY BUILDER®

The original hip thrust machine

BOOTY BUILDER LARSEN SP.K.

Boczna 41

27-200 Starachowice

Poland

+48 694 137 706

EU Sales: office@bootybuilder.com

US Sales: darren@bootybuilder.com



WWW.BOOTYBUILDER.COM