

Hip trainer protection pad



Details

The Hip Trainer Pad is a fantastic training aide to enable gymnasts to practise hip circles without impacting the hips on the bar. This facilitates longer practice sessions without undue stress on the girls' hips.

The pads are 250mm long and available in two diameters:

- Small - 110mm diameter
- Large - 180mm diameter

The pads are covered in hard-wearing red PVC, fit snugly over the uneven bar rail, and are held in place on the bar with a VELCRO® Fastener.

Manufactured with a high-density, 33oz foam core, these pads provide a firm but forgiving cushioning to the hips on impact.