



BELT SQUAT

ITEM CODE: PL-BELTSQUAT

THE BELT SQUAT IS AN INNOVATIVE MACHINE THAT ALLOWS THE USER TO REPRODUCE THE SQUAT MOVEMENT WITH AN OVERLOAD WITHOUT BURDENING THE BACK. IN FACT, THE MACHINE INVOLVES THE USE OF A LIFTING BELT TIED TO THE WAIST AND CONNECTED TO A SQUAT PLATFORM, WHICH CAN BE LOADED WITH PLATES, THUS SHIFTING THE LOAD EXCLUSIVELY TO THE LEGS. THE WIDE FOOTPLATE ALLOWS THE USER TO ALWAYS FIND THE RIGHT SET-UP, AN OPERATION FACILITATED BY THE 4 BELT ATTACHMENT POSITIONS AND THE PAIR OF HEIGHT-ADJUSTABLE HANDLES. THESE CAN BE USED BOTH AS A SAFETY HANDHOLD IN CASE THE SET OR REPETITION CANNOT BE COMPLETED, AND AS SUPPORT THROUGHOUT THE SET, ALLOWING THE USER TO KEEP THE BACK MORE UPRIGHT AND THUS MAXIMISING TENSION ON THE QUADRICEPS. THE LOADING FRAME INCLUDES A PLATFORM FOR THE SPOTTER THAT CAN BE HOUSED INSIDE THE MACHINE, AND ALSO HELPS IN CASE THERE IS AN URGENT NEED TO LOCK THE MOVEMENT: THE LOCK LEVERS CAN BE EASILY OPERATED BY BOTH THE USER AND THE SPOTTER.

SPECIFICATIONS: INNOVATIVE PRODUCT DESIGN, COMPACT AND EASY TO ASSEMBLE. 4 PLATE HOLDER PINS FOR EASY STORAGE. ADJUSTABLE SAFETY HANDLES.

ALL-IN-ONE ASSEMBLY: NO

MAX USER WEIGHT: 160 KG

MAX LOADING WEIGHT: 300 KG

TUBE SIZE: 50 X 100 X 3 MM - 50 X 75 X 3 MM

SET UP SIZE: 163 X 180 X 154 CM (LXWXH)

NET WEIGHT: 154 KG

WARRANTY: 1 YEAR FOR PROFESSIONAL USE

INVOLVED MUSCLES:

-  Quadriceps
-  Glutes
-  Hamstrings
-  Calves

