



# SQUAT LUNGE

**ITEM CODE:** PL-SQUATLUNGE

THE SQUAT LUNGE IS AN INNOVATIVE AND MULTIFUNCTIONAL MACHINE THAT ALLOWS THE USER TO PERFORM A VARIETY OF EXERCISES SUCH AS SQUATS, LUNGES, DEADLIFTS, SHRUGS, ETC. THE POSSIBILITY OF LOADING THE ARMS INDEPENDENTLY ALLOWS AUTONOMOUS MOVEMENTS FOR OPTIMAL BIOMECHANICS.

**SPECIFICATIONS:** DIFFERENT LOAD CURVES USING DIFFERENT LOAD POINTS AND ANGLES IN THE SOCKETS. 4 LOADING PINS. 1 DISC HOLDER PIN FOR EASY AND IMMEDIATE STORAGE.

**ALL-IN-ONE ASSEMBLY:** NO

**MAX LOADING WEIGHT:** 300 KG

**SET UP SIZE:** 143 X 164 X 86,5 CM (LXWXH)

**TUBE SIZE:** 50 X 100 X 3 MM - 40 X 80 X 3 MM

**NET WEIGHT:** 137 KG

**WARRANTY:** 1 YEAR FOR PROFESSIONAL USE

**INVOLVED MUSCLES:**

- Quadriceps
- Glutes
- Hamstrings
- Calves

