

C-412

Hack Squat



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Description:

- Shoulder pads are strategically angled to alleviate stress on trapezius muscles.
- Sled travels on concave high-density nylon wheels and stainless steel rails (rather than traditional linear bearings and guide rods) for smoother operation.
- Sled travels on a 30 degree angle.
- Standard adjustable safety catch provides added safety.
- Standard weight storage horns eliminate need for separate weight trees.

Specifications :

- Width : 58"(147cm)
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- Length : 85"(216 cm)
- Weight : 500 lb (227 kg)
- Starting Weight : 60 lb (27 kg)