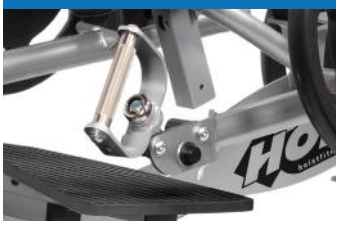
HACK SQUAT/DEAD LIFT/SHRUG

RPL-5356

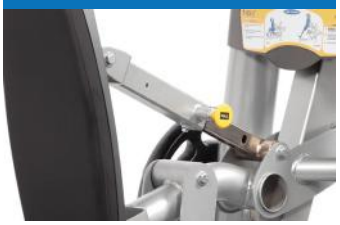
HACK SQUAT

DEAD LIFT / SHRUG

ROTATING HANDLES



ADJUSTABLE BACK REST



SPECS

PRODUCT DIMENSIONS (L X W X H)
89.50” x 59.00” x 59.5” (227 cm x 150 cm x 151 cm)

PRODUCT WEIGHT
533 lbs (242 kg)

MAX STORAGE
720 lbs (327 kg)

MAX CAPACITY
800 lbs (363 kg)

FEATURES

- Oversized foot plate allows for multiple foot positions to ensure correct bio mechanics for both hack squat and dead lift
- Self-aligning hand grips adjust to accommodate varying shoulder widths while providing proper positioning
- Counter-balanced to reduce starting weight
- Seat provides proper alignment and support at the beginning and end of exercise and drops away during exercise movement
- Generous built-in weight storage

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