

HACK SQUAT/DEAD LIFT/SHRUG

RPL-5356

HACK SQUAT



ROTATING HANDLES



DEAD LIFT / SHRUG



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