

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 biomechanics 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