

CORE Single Leg Squat



Description

Split squats and hip thrusts are two of the most essential exercises for any strength or hypertrophy routine. With the Bench Fitness CORE Single Leg Squat Bench you have the perfect tool for safely and effectively performing both movements.

With fully adjustable height settings and our Built Strong design philosophy the Bench Fitness CORE Single Leg Squat Bench is built to suit athletes of all shapes and size as well as stand the test of time. With its relatively small size, the Bench Fitness CORE Single Leg Squat Bench is very easy to store and won't take up much space, so it fits in to a smaller home gym while being strong enough to endure the punishment of a busy commercial gym.

Features

- Easy 4 Bolt assembly required
- Adjustable 700mm x 150mm bench pad
- Sturdy base frame

Specifications

Material:	50mm x 50mm steel tube
Length:	600mm
Height:	520mm
Width:	830mm
Weight:	24kg



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Dimensions

