

Core Yoke Squat



Description

Our Core range live up to their name, by being at the Core of what every gym needs.

In Strongman and Powerlifting training there are a few essential movements that each athlete must master. Bench press, Overhead Press, Squats, Deadlifts, Yoke walks, loaded carries. The CORE Yoke/Squat brings all those movements into one convenient piece of equipment. With fully adjustable cross bar, fully adjustable j-hooks and fully adjustable safeties, the CORE Yoke/Squat is a all in one solution to strongman and powerlifting training. The weight pins on either side are also removeable. To add some further convenience the whole unit can be taken apart for easy storage.

Built Strong as only Bench Fitness can, the Core Yoke/Squat will take whatever you can throw at it for years to come.



CNC 17mm laser cut holes
(50mm hole spacing)



Safety Arm 2.0 included



Hardware and tools included
for assembly

Features

- Matt Black Powder Coat
- Core J Hooks included
- Removable weight pins included

Specifications

Material:	75mm x 75mm tube
Length:	1570mm
Height:	2350mm
Width:	1300mm
Weight:	102kg



Core Yoke Squat



Dimensions

