

## HACK SQUAT/DEAD LIFT

RPL-5356



### FEATURES

- Oversized foot plate allows for multiple foot positions to ensure correct biomechanics during exercises
- 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

### SPECS

- Product Dimensions L x W x H:  
89.50" (227 cm) x 59.00" (150 cm) x 59.25" (150 cm)
- Product Weight: 502 lbs (228 kg)
- Max Storage: 720 lbs (327 kg)
- Max Capacity: 800 lbs (363 kg)

*(Weight plates NOT included)*

## THREE EXERCISES ONE MACHINE

### EXERCISE: HACK SQUAT

- Naturally mimics the exercise motion of a traditional hack squat while offering a more supportive environment
- Adjustable back and seat pad helps to maintain a neutral spine during the exercise movement which results in less stress to the back muscles



### EXERCISE: DEAD LIFT/SHRUG

- Angled foot plate provides a stable foundation especially those with limited/tight calf muscles
- Compound exercise movement brings the weight back to draw the shoulders back and sets the scapula to a stable finished exercise



*(Weight plates NOT included)*