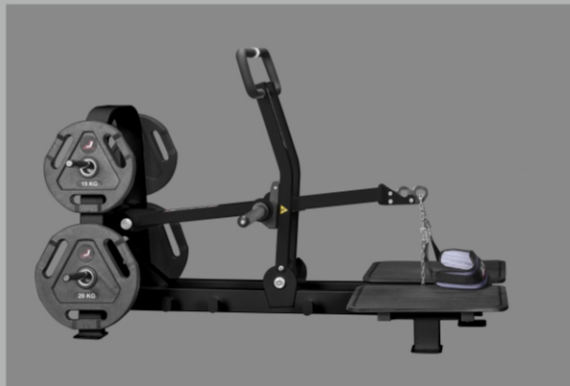


## BELT SQUAT

JPL - 146

Elevate your leg training with our Belt Squat Machine. This versatile equipment offers a safe and effective alternative to traditional squatting. With its innovative design, it allows users to target leg muscles without placing strain on the spine. The adjustable belt height and resistance options cater to users of all fitness levels.



Scan Here  
to Access the Video

### FEATURES

- ◆ **Belt-Driven Mechanism:** Reduces back strain, focusing on lower body muscles.
- ◆ **Wide Foot Platform:** Non-slip surface supports varied stances for muscle targeting.
- ◆ **Adjustable Belt:** Fits different heights and ensures proper alignment.
- ◆ **Plate-Loaded System:** Allows progressive resistance for all fitness levels.
- ◆ **Ergonomic Handles:** Provides additional support during high-resistance exercises.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 70 inches/178 cms

Width: 48 inches/122 cms

Height: 52 inches/132 cms

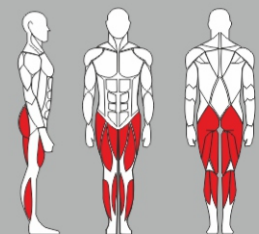
Weight: 316.36 lbs/143.5 kg

Start Weight 22.7 kg

Max Loaded: Single Side: 308 lbs/140 kg

Both Side: 616 lbs/280 kg

**MUSCLE WORKED:** Glutes Hamstrings



**COLOURS AVAILABLE:** White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.

\*Plates, barbell, attachments and accessories are not included and need to be bought separately.