



## Belt Squat Diamond Plate Loaded



### Product features:

Maximum User Capacity: 160 Kg

Dimensions Open:

Product weight:

Warranty: 12 months for professional use

Maximum loadable weight:

### Product description:

The **Belt Squat** is an innovative machine that allows the user to reproduce the **squat** movement with an overload without putting a burden on the back.

In fact, the **machine** involves the use of a **lifting belt** tied to the waist and connected to a take-off platform, **which can be loaded with discs** , thus moving the **load** exclusively onto the **legs** .

The large **platform** allows you to always find the right set-up, an operation made easier by the **4 belt fixing positions** and the **pair of height-adjustable handles** . the latter can be used both as a safety hold in case you are unable to **complete the set or repetition** , and as support throughout the set, allowing the user to keep the back more upright and thus maximizing the tension on the **quadriceps** .

The loading **frame** includes a **platform for the spotter** which can be housed inside the machine, and also helps in case there is an urgency to block the movement: the **block levers** can in fact be easily operated by both the user and the spotter.