

# SUPER HACK SQUAT /

1FW087



The Super Hack Squat is specifically designed to train the lower limbs in a fully guided manner and with maximum back safety, placing greater emphasis on the quadriceps femoris muscle; the new backrest inclination system (patent pending) , also allows more effective recruitment of the gluteus and hamstrings muscles than the classic Hack Squat.

Main features below:

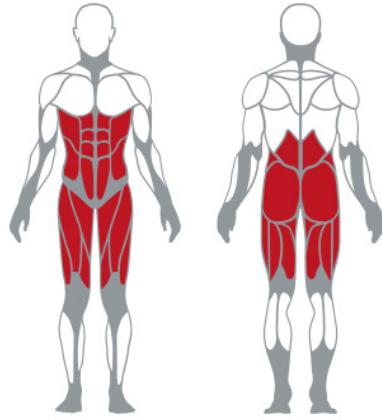
- linear sliding system with constant load on low-friction wheels;
- large 80x60 cm thrust platform in non-slip material with adjustable inclination in 3 positions;
- backrest and headrest with adjustable inclination in 4 positions each (patent pending);
- physiological movement start system with safety lever;

- safety limit switch adjustable to 6 different positions.

### **Optional:**

- super grip platform;
- 6 additional weight holders;
- balancing kit.

# MUSCLES



## TECHNICAL SPECIFICATIONS

Width	130 cm
Length	225 cm
Height	165 cm
Weight	290 Kg
Max. Weight	310 Kg
Empty load	60 Kg

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The accessories (dumbbells, discs and barbells) are always placed as decorum therefore not included in the machine.