



Pro Series Plate Loaded Belt Squat

SKU: **GG-PRO-PL-108**

Build lower body strength without stressing the spine, the Pro Series Plate Loaded Belt Squat delivers powerful leg training with a smooth, natural motion. It targets the quads, hamstrings, and glutes effectively, while quick-load pins and multiple hook points keep training efficient and safe. Engages quads, hamstrings, and glutes for balanced lower body development Fixed handle rack provides extra control and stability Adjustable hook holes let users set their ideal starting position Quick-load weight pins speed up plate changes Protective covers made from durable engineering plastic for long-lasting use Integrated limiting ...



Technical Specifications

Weight	77.5 kg	Plate Loaded	Yes
Length / Depth	161.5 cm		
Height	161.5 cm		
Width	125 cm		
Frame Weight	77.5 kg		
Start Weight	10.5 kg		
Loading Capacity	150 kg		

