



Pro Series Plate Loaded, Hack Squat

SKU: **GG-PRO-PL-109**

Powerful lower body training with 45° precision, the Pro Series Plate Loaded Hack Squat targets the quadriceps, hamstrings, hips, and calves with smooth, controlled movement. Easy-load weight pins, an ergonomic angled seat, and a large footplate ensure comfort, stability, and optimal positioning for every rep.

Key Features

- Trains quadriceps, hamstrings, hip muscles, and calves for full lower body strength
- 45° tilt with ergonomic seat and back cushions for comfort and alignment
- Large footplate for varied and secure foot positioning
- High-strength roller system for smooth, consistent travel
- Durable engineering plastic protective covers for lasting wear
- Heavy-duty frame and pulley system for stability
- Integrated limiting mechanism for safe range of motion

Technical Specifications

Weight	128 kg	Plate Loaded	Yes
Length / Depth	198 cm		
Height	198 cm		
Width	148 cm		
Frame Weight	128 kg		
Start Weight	27.5 kg		
Loading Capacity	0 kg		

