



Sterling Series, 45 Degree Hack Squat

SKU: **GG-STER-117**

Powerful lower-body training with built-in safety – the Sterling Hack Squat delivers heavy-duty strength work while keeping users protected and comfortable. Adjust foot positioning to target quads, hamstrings, or glutes with precision, all on a machine built for commercial use.

Key Features

- Targets quads, hamstrings, and glutes for complete lower-body development
- Heavy-duty frame with 40mm linear bearings and chromed bars for smooth, quiet operation
- Electrostatic powder-coated finish for long-lasting durability
- Large anti-slip foot plate for stability and varied training options
- Integrated safety stop for confident, secure lifting
- Multiple start positions to suit users of all sizes
- Biomechanically engineered for natural movement and reduced joint stress
- Olympic weight horns included for convenient plate storage
- Low-maintenance, plate-loaded design ideal for high-traffic gyms

Technical Specifications

Weight	0 kg
Length / Depth	221 cm
Height	129 cm
Width	188 cm

