

## Sterling Series, 45 Degree Hack Squat

The Sterling Series Hack Squat is a staple in most fitness facilities and is used by many weightlifters for lower-body development. This multi-joint movement loads the quadriceps, hamstrings and glutes, however the primary focus of the exercise can be changed by adjusting your foot position. The safety stop removes any risk of injury and the soft leather cover on the upholstery provides ultimate comfort during use. These features combined with the high-quality construction, make the Sterling Hack Squat a functional, quality piece of kit.



Adjustable Back Support



Olympic Weight Horn



Heavy Duty Construction



Black Comfortable Pad

### Technical Specifications

<b>Rating</b>	Commercial
<b>Upholstery</b>	Black, 60mm thick pads with industrial vinyl, thick plywood backing and 38mm foam
<b>Tubing</b>	2.5-3mm by 50 x 100 square tubing, electro welded to maximum integrity
<b>Loading Capacity</b>	400kg 880lbs
<b>Product Weight</b>	236kg 519lbs
<b>Dimensions</b>	L 221 x W 188 x H 129 cm L 87 x W 74 x H 51 inches

### Key Features

<b>Robust and heavy construction</b>	•
<b>Electro powder-coated and heat cured for superior durability</b>	•
<b>Olympic weight horns fitted as standard for optimum storage capacity</b>	•
<b>Low maintenance due to plate loading nature</b>	•
<b>Application of advanced biomechanics ensures that the equipment follows the body's physiological movement</b>	•
<b>High quality bearings for moving parts</b>	•
<b>Anti-slip foot plate</b>	•
<b>Variable start positions to suit any user size</b>	•
<b>Adjustable back</b>	•