

## Sterling Series, Vertical Squat

The Sterling Series Vertical Squat machine is a plate loaded machine used for hack squat workouts. Perfect for lower body development. The soft leather covers for the shoulders provide ultimate comfort during use. In addition to the excellent range of movement, and smooth movement. This machine is a great addition to any training facility.



Anti-slip Handles



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>	212kg 467lbs
<b>Dimensions</b>	L 230 x W 165 x H 142 cm L 90.5 x W 65 x H 56 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>	•