

Stacked Series

SUPER SQUAT

FL1806



The FL1806 Super Squat is perfect for body building, conditioning, and rehab exercises. Features a protection hook to help assist with beginning and ending each set, squat safely without the need for a spotter. Contoured shoulder pad, backrest pad, rubber foot pad for superior comfort. The four easily accessible weight horns provide quick changes between reps, for more effective and powerful workouts.

The Plate-Loaded Super Squat is designed to have a natural squatting motion, while reducing back and knee strain through a curved arc of motion. It also employs a standard counterbalance for lower starting resistance.

The Super Squat is an exercise machine exercise that primarily targets the quads and to a lesser degree also targets the glutes and hamstrings.



Dimensions
80" x 53" x 62"

Weight
358lbs

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Warranty	
STRENGTH WARRANTY (NORTH AMERICA ONLY)	
FRAME (NOT COATINGS)**	LIFETIME
WEIGHT STACKS	10 YEARS
PULLEYS	10 YEARS
PIVOT BEARINGS	10 YEARS
OTHER ITEMS NOT SPECIFIED	3 YEARS
UPHOLSTERY / CABLES / SPRINGS / GRIPS	1 YEAR
ACCESSORIES	6 MONTHS



Angled Pads
Allows for 3 Different Squat Positions



Multiple Durable Urethane Composite Hand Grip Positions
To hold during use



Large Footplate
For isolating different leg and glute muscles



Prestart Locking Mechanism
allows user to start at the top of the exercise with a simple push on the plate



11 Gauge Steel Construction



Contoured Cushions
Utilize a molded foam for superior comfort and durability



3 Safety Locking Points
Allowing users of any height to start at their desired position



2 Weight Loading Pegs and 2 Plate Storing Pegs