



The Change Lives from the Core®

The New Glute Training Solution

ABOUT THE BELT SQUAT™

ABS1026

The Belt Squat™ can be used to improve practically all lower body muscle groups, all without placing compressive force onto the spine. By removing the load from your spine and placing it on your hips and legs, The Belt Squat™ provides a spine-friendly alternative that keeps you squatting in a safe and effective way!

- Adjustable belt attachment fixture suitable for any size user
- Comfortable and supportive belt
- Specially designed handles for multiple grips
- Maximum plate load 550 lbs

Dimensions:

L 74" x W 50" x H 45"

(188 cm x 127 cm x 115 cm)

SEE THE ALL NEW COMPACT DESIGN!



862-432-8175



www.TheAbsCompany.com

