



We Change Lives from the Core®

# Master the Perfect Deadlift



## ABOUT THE THE DEADLIFT™

ABS1024

Unlock the power of one of the most effective strength exercises—without the hassle of a barbell. The DeadLift™ is a patent-pending innovation that guides you through flawless Deadlifts and Romanian Deadlifts (RDLs), ensuring proper form, reduced injury risk, and maximum muscle engagement.

### Dimensions:

48 in x 72 x 60 in (122 cm x 183 cm x 152 cm)

Weight: 495 lb (225 kg)

Maximum Plate Load: 310 lb (141 kg)

### Customizable Resistance

- 01** Selectorized up to 310 lbs, plus optional band integration

### Built for Everyone

- 02** Range-limiting tech and free swivel grips adapt to all body sizes.



### Barbell-Free Deadlifting

- 03** Guided motion provides the benefits of deadlifting without the complexity or risk of using a barbell.

### Stable Wood Deck

- 04** Provides a solid, non-slip surface to enhance stability and confidence during lifts.



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