



# POWER SQUAT PRO

#410605	Length: 57 <sup>7</sup> / <sub>32</sub> "	Width: 70 <sup>3</sup> / <sub>4</sub> "	Height: 56 <sup>9</sup> / <sub>32</sub> "	Weight: 510 lbs.
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Description	Features
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The Power Squat Pro was designed to capture all the muscle stimulation of a free weight squat while minimizing the dangers and risks associated with this movement. Many athletes have great difficulties due to biomechanical weaknesses, injuries, irregular limb lengths, as well as hand, forearm, or casting issues that do not allow the grasping of a bar. The Power Squat Pro is the solution.

The patented floating yoke allows lifters of all sizes and limb lengths to position their bodies into a biomechanically correct position. The floating yoke allows the lifter to place their feet where needed without the problem of falling forward from trying to balance the load. Knees can stay in a healthy position without excessive strain and athletes can position themselves to minimize strain on the lower back.

- Patented floating yoke allows for a free-weight feel.
- Top and bottom load positions for optimal strength training. Target hip/glutes when top loaded, and quads when bottom loaded.
- S.E.T. (Set Extension Technology) range limiter
- Customizable color options available