

# Precor Discovery Plate-Loaded Hack Squat Machine

Black Pearl/Black

The unique design of the Discovery Series Plate Loaded Hack Squat eliminates loading of the shoulders and the resultant compression of the spine. The intuitive seat design places the user in a more natural and comfortable upright position. The load is placed directly on the hips where it is better stabilised and recruits more of the targeted muscles of the lower body. Easy entry and exit access and the oversized, curved, non-slip foot platform provide a secure platform that includes a built-in calf raise lip.

## Produkt detaljer

### Natural Body Positioning

The upright body position and loading of the resistance on the hips instead of the more traditional spinal loading results in an effective, targeted lower body exercise that is more comfortable, enjoyable and intuitive for all users.

### Easy

Open access to the seat assembly, a curved foot platform that maintains constant foot contact throughout the range of motion and the easy "On/Off" carriage lock lever create a machine that a wide range of exercisers can use effectively and with confidence.

### Solid and Smooth

Heavy-duty oversized tubing, large solid foot platform and a reinforced lower Calf Raise edge combine with oversized carriage shafting and four 900 kg (2000 lb each) load-rated commercial linear bearings for an exceptionally smooth and secure user experience, regardless of the load.

## Spesifikasjoner

Måleenhet  
Stykkvis

3063868-011

2080 mm / 81.89 in.

1620 mm / 63.78 in.

1480 mm / 58.27 in.

206 kg / 454.15 lbs

