

# Spirit Lumbar Squat

SKU: SPE-PL-3130

- Designed & manufactured in our UK factory
- Conforms with ISO/CEN equipment standards
- Commercial use structural lifetime warranty



The Spirit Plate Loaded Lumbar Squat is made to deliver exceptional lowerbody strength and performance by combining precision biomechanics with robust British engineering. Angled at 45 degrees and designed with a fixed platform, this machine ensures optimal alignment along a controlled track that maximises quad engagement while maintaining a natural range of motion that protects the knees and enhances strength output.

The Spirit Lumbar Squat features ergonomic pads that cradle the lower back and set up the user to significantly reduce spinal load, allowing users to train safely with improved form. Anti-slip footplates and premium 40mm linear bearings provide total stability and ultra-smooth motion under heavy loads, while the 5-position adjustable stop ensures safe operation. Lock and release handles make transitions safe and effortless while providing additional grips for support throughout.

Complete with integrated band pegs for reverse banding, two large stainless steel weight horns to offer a massive loading potential of 520kg, and four extra-long storage horns to keep weight plates readily available.

## Standard Colour Options



## Features

### Optimal Alignment

Angled at 45° with a fixed platform to create a controlled path that maximises quad activation and reduces injury risk.

### Adjustable Stop

Equipped with an adjustable stop with 5 settings to ensure safe operation.

### Reverse Banding

Supports reverse banding to reduce the starting weight and assist the lift.

### Lumbar Support

Ergonomic pads cradle the lower back and set up the user to significantly reduce spinal load.

### Lock and Release

Lock and release handles allow for effortless transitions and provide a secure grip throughout.

### Integrated Storage

Includes 4 extra-large storage horns, providing ample space to keep weight plates easily accessible and organised.

### Anti-Slip Platform

A large platform with anti-slip footplates provides maximum stability throughout the movement.

### Premium Bearings

Equipped with premium 40mm linear bearings to guarantee ultra-smooth and consistent movement under heavy loads.

### Made in Britain

Made in Great Britain for superior build quality. Key components are made from stainless steel for long-term durability.

## Specifications

### SKU

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### Length

2113mm / 83.2"

### Width

1050mm / 41.4"

### Height

1450mm / 57.1"

### Weight

271kg / 597.5lbs

### Start Weight

### Max Load

520kg / 1146.4lbs

### Storage

Includes 4 Storage Horns

### Frame

80x80x3mm / 70x70x3mm

### Certifications

EN ISO 20957-1 / EN 957-2

### Warranty

Lifetime - Full Commercial