



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



Black
9005

Slate Grey
M2009E

Silver
MW109D

White
9016

Red
3002

Yellow
1021

Blue
5002

Green
6018

Features

Optimal Alignment

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

Lumbar Support

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

Anti-Slip Platform

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

Adjustable Stop

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

Lock and Release

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

Premium Bearings

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

Reverse Banding

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

Integrated Storage

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

Made in Britain

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

Specifications

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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

 MADE IN BRITAIN

SPIRIT

SPIRITFITNESS.STORE