



# Spirit Hack Squat

SKU: SPE-PL-3131

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

The Spirit Plate Loaded Hack Squat is engineered to drive lower-body power and performance for any professional facility by combining precision biomechanics with robust British manufacturing. Angled at 45 degrees and designed with a fixed platform, the Spirit Hack Squat ensures optimal alignment along a controlled path that maximises quad activation while maintaining a natural range of motion that protects the knees and enhances strength output.

It features anti-slip footplates and premium 40mm linear bearings for maximum stability and ultra-smooth movement under heavy loads. The adjustable stop with 5 settings ensures safe operation, while lock and release handles allow for effortless transitions and provide a secure grip throughout.

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

### 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.

### 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.

### Long-Term Durability

Key components are made from stainless steel for resistance to rust, wear, and heavy use, providing long-term durability.

### Made in Britain

Designed and manufactured in Great Britain for superior build quality.

## Specifications

### SKU

SPE-PL-3131

### Length

2113mm / 83.2"

### Width

1653mm / 65.1"

### Height

1535mm / 60.5"

### Weight

287kg / 632.8lbs

### 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