



## Spirit Leverage Squat

SKU: SPE-PL-3139

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

The Spirit Plate Loaded Leverage Squat is engineered for safe and controlled squats targeting the quadriceps, glutes, and hamstrings, with an angled platform that allows for a deeper range of motion while reducing strain on the lower back, hips, and ankles. Manufactured in the Britain using premium components and heavy-duty box section to match the demands of professional and high-use training facilities.

With an integrated calf raise bar, this machine offers dual functionality enabling athletes to perform both squats and standing calf raises in one versatile solution. Anti-slip footplates provide maximum stability throughout the movement, and an adjustable start position allows users to set the height for comfort and optimal range. Ergonomic shoulder pads provide support and proper load distribution for heavy lifts, while multiple handles offer varied grip and training options.

The Spirit Leverage Squat is also equipped with dual band pegs to provide dynamic resistance options and top band pegs that enable reverse banding to reduce the start weight. Four storage horns are included as standard to keep weight plates easily accessible.

### Standard Colour Options



## Features

### Dual Function

Dual functionality enables both squats and standing calf raises for versatile lower-body training.

### Adjustable Height

The adjustable starting position allows users to customise the height for comfort and optimal range.

### Dynamic Resistance

Includes dual band pegs for dynamic resistance options and top band pegs for reverse banding.

### Anti-Slip Platform

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

### Ergonomic Pads

Ergonomic shoulder pads provide comfort, support, and proper load distribution during heavy lifts.

### Integrated Storage

Includes 4 storage horns as standard to keep weight plates easily accessible and organised.

### Increased Depth

The angled platform allows for a deeper range of motion and reduces strain on the lower back, ankles, and hips.

### Varied Grip

Equipped with multiple handles to offer varied grip options for stability, control, and versatile training positions.

### Made in Britain

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

## Specifications

### SKU

SPE-PL-3139

### Length

1608mm / 63.4"

### Width

1463mm / 57.6"

### Height

1690mm / 66.6"

### Weight

184kg / 405.7lbs

### Start Weight

### Max Load

320kg / 705.5lbs

### Storage

Includes 4 Storage Horns

### Frame

80x80x3mm / 70x70x3mm

### Certifications

EN ISO 20957-1 / EN 957-2

### Warranty

Lifetime - Full Commercial