



Spirit Belt Squat

SKU: SPE-PL-3141

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

The Spirit Plate Loaded Belt Squat is engineered to unleash lower body strength while minimising spinal stress making it the perfect solution for heavy leg training. Designed for athletes, rehab environments, and high-performance gyms alike, it delivers biomechanically sound, joint-friendly squats with maximum efficiency.

Featuring a large platform with anti-slip footplates, a stainless steel hook with 2 positions for attaching a belt, and oversized handles for support and stability, this machine ensures secure and comfortable positioning throughout the lift. Dual band pegs provide the option for variable resistance, perfect for explosive power training, or progressive overload.

Manufactured in the UK using a robust combination of 80mm and 70mm box section steel, this machine is built to withstand the demands of elite training environments.

Standard Colour Options



Black 9005 Slate Grey M2009E Silver MW109D White 9016 Red 3002 Yellow 1021 Blue 5002 Green 6018

Features

Large Platform

Features a large platform with anti-slip footplates to provide a secure and stable base.

Oversized Handles

Equipped with oversized handles to offer a comfortable and secure grip for all users.

Dual Belt Positions

Stainless steel hook with 2 belt positions, allowing users to customise their setup for comfort and performance.

Long-Term Durability

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

Dynamic Resistance

Equipped with dual band pegs for varied resistance and advanced training methods.

Fixing Points

High impact ABS plastic feet with concealed floor fixing points.

Exercise Placard

Complete with an easy to understand instructional placard with targeted muscles.

Made in Britain

Designed and manufactured in Great Britain for superior build quality.

Specifications

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Length

1765mm / 69.5"

Width

983mm / 38.7"

Height

1327mm / 52.3"

Weight

145kg / 319.67lbs

Start Weight

15kg / 33.1lbs

Max Load

320kg / 705.5lbs

Storage

Allows 2 Storage Horns

Frame

80x80x3mm / 70x70x3mm

Certifications

EN ISO 20957-1 / EN 957-2

Warranty

Lifetime - Full Commercial

MADE IN BRITAIN

SPIRIT

SPIRITFITNESS.STORE