

# ALPHAFIT

## CORE BELT SQUAT



### 1 | LARGE TRAINING PLATFORM PROVIDES AMPLE WORKING AREA FOR ANY ATHLETE

The Core Belt Squat offers a large 1.2m x 1.2m raised platform with a replaceable rubber anti-slip surface for maximum stability when performing movements. With a frame constructed from heavy-gauge steel and coated in our unique textured powdercoat, the seamless working area is large enough to comfortably complete squats, lunges, marches, deadlifts and more.

### 3 | SQUAT SAFELY WITH THE DROP STOP'S EASY HEIGHT ADJUSTMENT SETTINGS

For peace of mind when squatting, the adjustable drop stop can be set at 14 different height settings in 50mm increments. Pull the pin and move the drop stop trolley up and down the front upright using its two handles. This feature ensures each user will find a safe and comfortable base position for their lowest range of movement.

### 5 | EXTRA FEATURES FOR RESISTANCE TRAINING AND UPPER BODY MOVEMENTS

In addition to the plate loaded trolley, users can incorporate resistance training by utilising power bands secured via the HDPE lined band hooks on either side of the cable tower. They can also connect grips and attachments via the carabiner to perform supplementary upper body cable movements.

### 2 | PLATE LOADED TROLLEY WITH MULTIPLE GRIP OPTIONS AND INCORPORATED SAFETY CATCH

The trolley cable system provides a starting weight of 15kg and can be stacked with up to a total of ten 25kg weight plates on the loading pins attached either side. For stability when squatting, the trolley features handles with three grip options for pronated, supinated and neutral hand positions. Importantly, the safety catch is incorporated into the trolley, moves up and down with the user and can be quickly engaged by pulling on the safety handle.

### 4 | DESIGNED, ENGINEERED AND TESTED WITH TOTAL SAFETY IN MIND

Like no other on the market, the Core Belt Squat has been engineered around a cable system with a dual 40mm linear shaft to reduce the bearing load and produce a smooth and more durable product. The completely covered cable tower protects moving parts and eliminates any concern for users pinching fingers for both safety and aesthetics.

### 6 | PROUDLY MADE IN AUSTRALIA, CUSTOMISE TO BUILD THE BELT SQUAT OF YOUR DREAMS

The Core Belt Squat is 100% Australian made allowing us to offer an unbeatable level of customisation including colour, branding and accessories. Part of the newest range of AlphaFit plate loaded machines, you can easily create the best strength setup for your unique space and training requirements.

Standard model pictured - Core Belt Squat in Charcoal Grey. Custom configurations, colours and branding available. Contact your sales representative for more information.



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**THIS IS SO MUCH MORE THAN YOUR AVERAGE BELT SQUAT. DESIGNED AND ENGINEERED IN AUSTRALIA WITH PEAK PERFORMANCE AND AESTHETICS IN MIND, THIS PRODUCT IS GUARANTEED TO BE THE CENTREPIECE OF YOUR COMMERCIAL GYM, SPECIALTY STRENGTH OR REHAB FACILITY.**

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## CORE BELT SQUAT SPECIFICATIONS

- Product Dimensions (L x W x H):** 1350mm x 2370mm x 2340mm
- Product Weight:** 325kg
- Unloaded Trolley Weight:** 15kg
- Trolley Pin Plate Capacity:** 250kg (125kg of weight plates each side)
- Drop Stop Adjustments:** 14 positions (50mm increments)
- Cable Range of Motion:** 1200mm pull length
- Platform Area (L x W):** 1200mm x 1200mm
- Warranty:** 'Built Not Bought' 10 year warranty
- Standard Colour Options:** Choose from 13 colours
- Installation:** Recommended to be bolted to the floor

