

# PLATE LOADED HACK SQUAT

## ADVANCED TRAINING

Superior biomechanics in a space efficient package. The Cybex plate loaded line is the most space-efficient user-friendly plate-loaded line in the industry. It accommodates users of almost any size and its superior design meets the needs of advanced users, without intimidating others.

- ▶ Cybex science and design in a plate loaded line.
- ▶ Who said hard core has to be intimidating?
- ▶ Built tough to keep looking new.

## FEATURES

- ▶ Fully enclosed linear bearing system.
- ▶ Hip-height plate loading.
- ▶ Large nonskid footplate.
- ▶ Dual height start position.
- ▶ Six plate storage positions.

## SPACE-EFFICIENT. USER-FRIENDLY.

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## SCIENCE THAT SCULPTS THE HUMAN BODY

Cybex Plate Loaded and Free Weight equipment offers lines and styling created to complement the entire range of Cybex strength products. The sleek design seamlessly integrates the products into your facility's environment and provides the Cybex brand identity to your members value in strength equipment.

Packed with features and exceptional movements, the Plate Loaded line – like all Cybex strength products – merges superior technology with a passion for fitness. Backed by exercise science. Cybex equipment reflects our heritage in sports medicine and design engineering based on the proper mechanics of human movement. Given our decades of dominance in commercial strength equipment, there is probably no true fitness professional who has not used Cybex strength products.

Cybex's Plate Loaded and Free Weight lines are the definition of strength training – and equipment no club wants to be without.

## Specifications

<b>Product Number</b>	16200
<b>Dimensions (L x W x H)</b>	81" x 61" x 54" (206 cm x 155 cm x 137 cm)
<b>Weight</b>	390 lbs (124 kg)
<b>Color</b>	Available in 5 standard or a virtually unlimited variety of custom frame colors



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