

Stacked Series

# ADJUSTABLE HACK SQUAT

FL1811



The FL1811 Adjustable Hack Squat is built to provide a natural squat movement that targets your glutes, quadriceps, and hamstrings. Designed with all users in mind, the oversized footplate allows several different foot positions for safety and workout variety.

By combining key ergonomic factors, such as independent movement arms, diverging/converging motion paths, and an adjustable footplate, this plate-loaded hack squat is able to provide a functional unit that is not only built to last but built to meet the workout needs of its users.



**Dimensions**  
78" x 62" x 52"

**Weight**  
606lb

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Warranty	
STRENGTH WARRANTY (NORTH AMERICA ONLY)	
FRAME (NOT COATINGS)**	LIFETIME
WEIGHT STACKS	10 YEARS
PULLEYS	10 YEARS
PIVOT BEARINGS	10 YEARS
OTHER ITEMS NOT SPECIFIED	3 YEARS
UPHOLSTERY / CABLES / SPRINGS / GRIPS	1 YEAR
ACCESSORIES	6 MONTHS



**11 Gauge Steel Construction**



**2 Safety Locking Points**  
With easy to reach and operate safety stops



**Integrated Rubber Handles**  
For safe entry and exit



**Large Non-Slip Foot Plate**  
Allows user to define proper foot placement



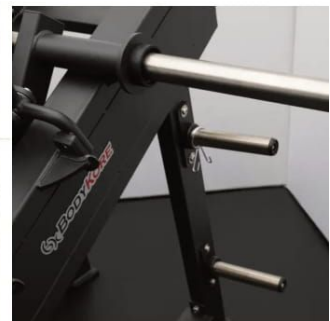
**6 Position Adjustable Angle**  
On foot plate to suit every user



**Linear Bearing Guide Rods**  
Resist rust and provide smooth carriage operation



**Marine-Grade Double-Atitched Upholstery**  
Lumbar and shoulder pads provide comfort



**4 Weight Horns for Plate Storage**  
And 2 plate loading weight horns