

Platform Belt Squat Rack

Mount

SPECS

Material Tubing	3x3" Tubing 11 gauge
Height	100"
Width	50"
Depth	78"
Weight	450 LBS
Foot Print	100" x 50" x 78"
Made In Usa	Yes



Our Platform Belt Squat Rack Mounted Version like the rest of the platform belt squats is a cable-driven, plate-loaded unit with a true 1:1 ratio and a 30 lb. weight carriage. This unit is designed to mount to Alpha Racks adding two crossmembers and an upright to the rack. It can be used for lat pull-downs with a seat and knee hold, or for low rows using the platform as foot support. A rear pulley reduces cable wear during rows, pull-throughs, and other off platform movements. The back uprights are also compatible with Alpha Rollers for cable-driven split squats.

FEATURES



Split Squat Posts



Ladder Start/Stop



Diamond Plate Platform