

Custom Squat Wedges

SPECS

Material Tubing	1/4" Steel Plate
Height	3.5"
Width	24"
Depth	16"
Weight	32 LBS
Foot Print	3.5" x 24" x 16"
Made In Usa	Yes

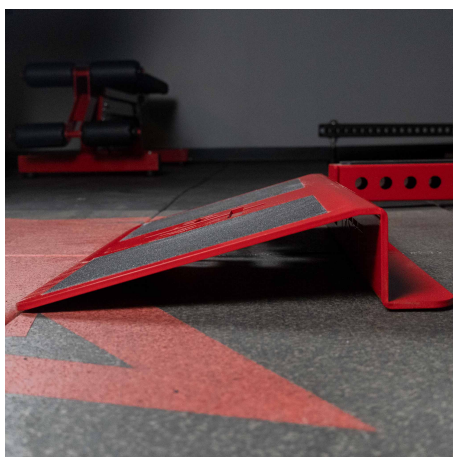
FEATURES



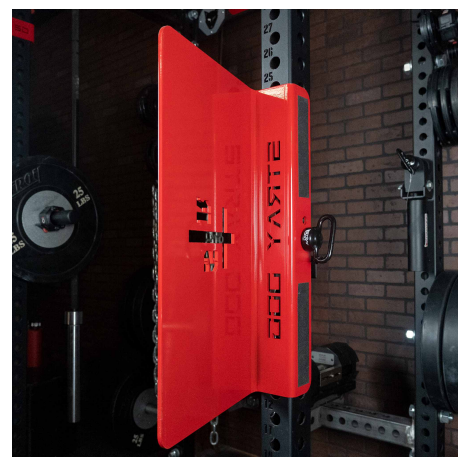
Our Squat Wedge uses a 15 degree angled plate that is 30"x 16" and was designed to be a platform for both feet for squatting, lunging, Angled Plyometrics, calf raises and other exercises. If you want just one unit, checkout our 15 Degree Squat Wedge. They can be stacked on top of each-other for condensed storage and there is also a 1" and 5/8" hole to store them on an upright. Strength Coach Tobias Jacobi requested this specific size and angle, he also wrote an article explaining how to implement them into HS Training.



Laser Cut Logo



15 Degree Angle



Store on Upright 1" or 5/8"