



# Power Squat

SKU: EL-PL51

## Product Images





## Short Description

---

The **Elite Series Power Squat** by **Titanium Strength** is a leverage squat machine designed to provide strength training focused on the quadriceps, glutes, and hamstrings. Its dual-load system allows you to adjust the weight to the top or bottom of the machine to target different muscle groups. With adjustable shoulder pads, a floating yoke that adapts to the body, and 5 depth settings, this machine ensures comfort, safety, and control with every rep. Ideal for professional and high-performance training.

## Description

---

### Why should you buy the Power Squat from Titanium Strength?

#### DUAL-LOAD SYSTEM

This machine features two pairs of weight pegs, positioned at the top and bottom. Depending on the weight distribution, it allows you to focus on different muscle groups:

- **Top load:** Increased activation of glutes and hamstrings.
- **Bottom load:** Focus on the quadriceps.
- **Balanced load on both:** Simulates the weight distribution of a barbell squat.

Additionally, its design enables exercises such as lunges and good mornings, expanding the training possibilities for the posterior chain.

### DESIGNED FOR MAXIMUM COMFORT

The adjustable shoulder pads ensure a perfect fit for users of different body types, providing stable and comfortable support. The floating yoke moves naturally with the body during the squat, reducing shoulder mobility restrictions and allowing the arms to remain in front at all times.

### CUSTOMISED DEPTH, MAXIMUM SAFETY

The **Elite Series Power Squat** features a range limiter with 5 depth adjustments, allowing you to customise the exercise to suit the user's needs. This not only ensures safe execution for those with mobility limitations, but also enables working on different squat phases, using partial overload techniques, and training progressively without compromising form.

### TOTAL CONTROL WITH EVERY REP

The foot platform features an anti-slip design, providing a firm and stable base. The front-mounted handles slide to make starting and finishing the exercise easy and safe. Simply push the handles in to unlock and begin your set; once finished, pull them out to lock again.

### SPECIFICATIONS

- **Usage:** Commercial
- **Adjustments:**
  - **Shoulder pads:** Slide for comfortable and secure support.
  - **Shoulder pad height:** Adjustable in 3 positions.
  - **Range of motion:** Depth adjustable in 5 levels.
- Anti-slip platform with diamond pattern for added stability and safety.
- **Max Load:** 300 kg
- **Weight:** 162 kg
- **Dimensions:** 199 cm (L) x 162 cm (W) x 157.5 cm (H)
- **Compatible with:** 50 mm Olympic weight plates

### About Titanium Strength:

Leading brand in the sale of equipment and machines for strength and cardio training.

# Additional Information

Use	Commercial
Colour	Black
Manufacturer	Titanium Strength
Weight (kg)	162.000000
Width cms.	162
Height cms.	157,5
Large cms.	199
Body Part	Legs, Glute
Disc diameter (mm)	50
Profile tube / Frame (mm)	50x75x3
Max Load (kg)	300
Product Line	Elite Series