

GLUTEBUILDER® PLATE LOADED

Belt Squat / Step-Up

GPL0585



Developed in partnership with Glutebuilder and exclusively available from Precor, the Glutebuilder line is a full range of products dedicated to targeting the glutes, legs and hip muscles. The precision biomechanics create an exact motion path with smooth, constant resistance, ensuring effective and efficient workouts. The multiple adjustment points allow exercisers to find the perfect fit and range of motion for each exercise.

Designed to place the lifting load on the hips rather than the back, the Belt Squat / Step-Up supports effective lower-body training with reduced strain. This versatile platform accommodates a wide range of movements, including Belt Squats, Single-Leg Deadlifts, Step-Ups and more. The oversized, non-slip footplate provides enhanced stability during movements, while the rotating handgrips expand the variety of exercises.



PRECOR®

GLUTEBUILDER®

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Product features

TWO MOVEMENTS IN ONE

The Belt Squat / Step-Up is the first piece of equipment that combines belt squat and step-up exercises in one compact machine, enabling powerful lower-body training.

PRECISION BIOMECHANICS

Dual hook points offer multiple loading height options, allowing precise adjustment of the starting position for a customised range of motion, enabling a biomechanically correct movement pattern.

UNMATCHED VERSATILITY

The integrated rotating grip, elevated rubberised footplates and extended dual handles support a wide range of movement patterns – including Belt Squats, Step-Ups, Deadlifts and Row variations – while providing a stable platform throughout each movement.

INTEGRATED RESISTANCE AND STORAGE

Connection points for resistance bands allow exercisers to add progressive resistance at the end range of motion, while two integrated weight horns provide convenient storage and quick access to plates, streamlining the loading and unloading process.



Specifications

Dimensions (L x W x H): 198 x 106 x 146 cm

Product weight: 166 kg

Max. user weight: 159 kg

Max. lift load capacity: 400 kg

Starting weight: 15 kg

Weight storage horns: 2

Recommended plates: 4 x 20 kg, 2 x 15 kg, 2 x 10 kg, 2 x 5 kg

Step-Up height: 44.5 cm

Accessories included: Belt Squat Harness

Frame and finish: Heavy-duty steel tubing is welded in all structural areas to withstand the most demanding training environments. Powder-coated frame.

Warranty: Visit www.precor.co.uk for warranty terms.

Colour options*

Frame



Black Pearl



Gloss Metallic Silver



Gloss White**

*Custom frame colours are available, subject to minimum order quantities and extended lead times.

** Additional lead time applies.

Upholstery



Black

Additional upholstery options**



Lite Grey



Grey



Slate



American Beauty



Toffee Apple



All Spice



Bucksuede



Burgundy



Royal Blue



Blue Jay



Chocolate



Hunter Green

• Additional upholstery options may have longer lead times. Please contact a sales representative.
• Colours may vary.

** Additional lead time applies.