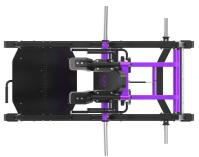
PB PLATE LOADED SERIES

PB311 - V-SQUAT







PRODUCT OVERVIEW

The PB311 is a premium plate-loaded lower-body training machine designed specifically for women, combining dual-direction squat functionality to target both the quadriceps (front squat) and gluteus maximus (back squat). With its elegant aesthetic, embroidered padding, and printed aluminum details, the PB311 blends performance with visual sophistication.

The front shoulder pad follows the contour of the chest and shoulders, providing comfortable, stable support and smooth resistance transfer during front-loaded squats. The rear shoulder pad aligns with the trapezius and scapular movement path to prevent shoulder strain or compression. High-elastic padding minimizes pressure, ensuring comfort under heavy loads.

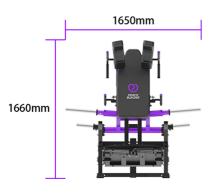
A dual-handle design allows both forward and reverse use, maintaining ergonomic posture and distributing shoulder load evenly. The wide back pad supports the spine and pelvis, promoting correct alignment and reducing lumbar compensation during exertion. The dual pneumatic safety hooks are precisely positioned for easy reach, enabling safe racking even under fatigue.

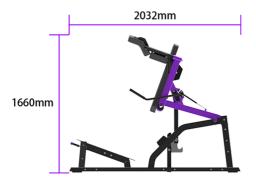
The textured anti-slip footplate provides stable footing with multiple stance options. With a five-position single-hand adjustment mechanism, users can easily modify footplate angles to accommodate varying ankle mobility, reduce knee shear force, and prevent overuse injuries—offering a safer, smoother, and more efficient squat experience.

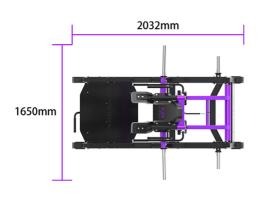
SPECIFICATIONS & KEY FEATURES

Specifications

Dimension: 2032*1650*1660mm Net Weigh: 192kg







| Product Features



Dual-Direction Training System

Supports both two directions squat movements, targeting the quadriceps and glute muscles effectively.



Ergonomic Shoulder Support Design

High-elastic pads contour to the shoulders for optimal comfort and reduced pressure under load.



Dual-Grip Configuration

Allows forward and reverse usage, maintaining natural posture and relieving shoulder tension.



Pneumatic Safety Hook System

Effortless dual-hand operation ensures secure racking, even during fatigue or heavy training.



Anti-Slip Adjustable Footplate

Textured surface and quick single-hand angle adjustment deliver superior stability and adaptability for all squat stances.