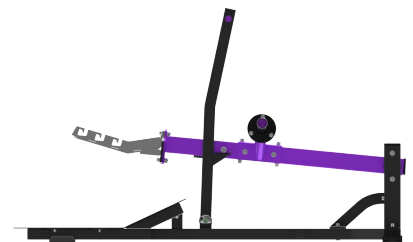
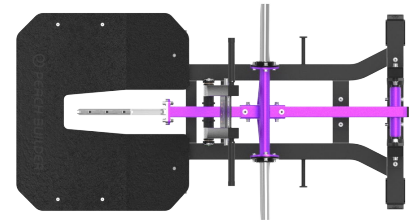


PB PLATE LOADED SERIES

PB312 - BELT SQUAT



PRODUCT OVERVIEW

The PB312 is a premium plate-loaded training machine specifically designed for glute and leg development, featuring a belt-loaded resistance system that significantly reduces spinal pressure. This design allows users to perform squats in a natural, upright posture, isolating the lower-body muscles while maintaining core stability—ideal for safe and effective strength progression.

An open three-position belt hook system allows for quick and easy starting height adjustments, accommodating users of different heights and stance preferences. The wide padded belt offers superior comfort and stability, helping users maintain proper alignment during heavy lifting.

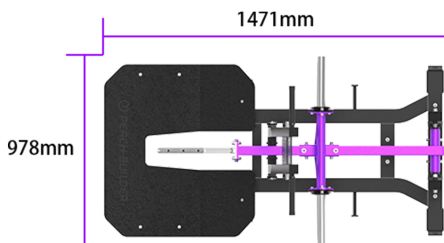
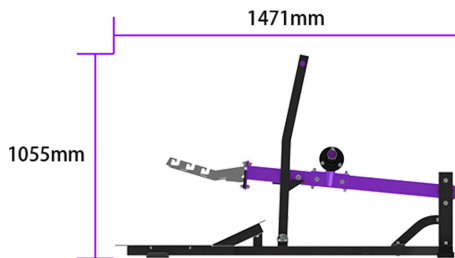
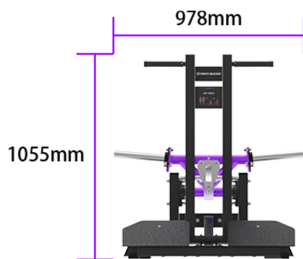
The knurled metal handles provide secure grip support and help maintain body balance throughout the movement. They are integrated with a quick-adjust safety stop mechanism, improving both control and safety. The dual-angle anti-slip footplate—available in flat and inclined configurations—offers versatile stance options, optimizing ankle mobility while minimizing knee shear stress.

Additionally, dual resistance band pegs enable users to add progressive tension at the peak of each movement, maximizing contraction and enhancing overall training stimulus for the glutes and quadriceps.

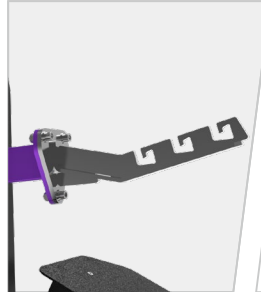
SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	1741*978*1055mm
Net Weight:	107kg



Product Features



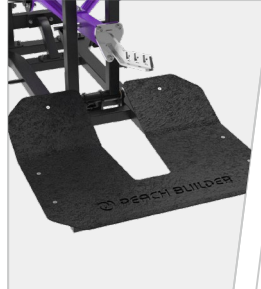
Three-Position Belt Hook System

Open design for easy start-height adjustment, adaptable to various user heights and stance widths.



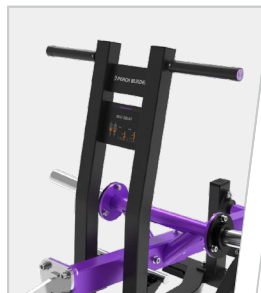
Spinal Pressure Reduction Design

Belt-squat mechanism isolates lower-body effort, minimizing spinal load for safer, more efficient training.



Dual-Angle Anti-Slip Footplate

Provides flat and inclined options for varied stance control and improved joint comfort.



Knurled Handle with Adjustable Safety Stops

Ensures secure support, quick height adjustments, and reliable motion control.



Resistance Band Integration

Adds peak-phase overload for stronger muscle engagement and enhanced hypertrophy potential.