

INDIVIDUAL PRODUCT DETAILS

BR7039
Belt Squat



1. Identity Card

Model	BR7039
English Name	Belt Squat
Primary Muscle	Quadriceps, Gluteus Maximus
Secondary Muscles	Hamstrings, Adductors

One-line Pitch

“Achieving ultimate isolated stimulation of the glutes and legs while completely eliminating spinal loading through a multi-dimensional adjustment system.”

2. Product Overview

The **BR7039** is a premium plate-loaded strength machine engineered for lower-body development, featuring a robust exterior and solid structure ideal for professional strength facilities, athletic performance centers, and advanced strength zones within commercial fitness clubs. Its motion arm trajectory is precisely calculated to align with the hip joint's movement curve, ensuring smooth force delivery and accurate muscle targeting. The machine features dual-height auxiliary handles to accommodate various user heights, while the 3-position adjustable belt hook system prevents mechanical interference, significantly enhancing range of motion and comfort. The oversized, high-density belt is designed to provide secure support and stability under heavy loads. Additionally, the elevated, extra-wide anti-slip footplate ensures a full range of motion and accommodates various stances—from wide to narrow—enabling comprehensive activation of the gluteus maximus, quadriceps, hamstrings, and adductors.

3. Key Features



Dual-Height Auxiliary Handles

Accommodates users of different heights by providing reliable stability and support during both the start and execution of the exercise.



3-Position Belt Hook Adjustment

Allows for flexible adjustment based on body type and training habits, aligning the movement path with physiological trajectories for enhanced freedom of motion.



Elevated Oversized Anti-Slip Footplate

Ensures an extended range of motion for peak muscle contraction while supporting various stances to fully target the lower body.



Spinal-Friendly Training Logic

By loading resistance directly onto the hips via the belt, it effectively bypasses spinal compression common in traditional squats, offering a safer competitive training experience.

4. Main Parameters

Functional	Single Function
Dimensions (L × W × H)	2059*1647*1643mm 81"×65"×64.7"
Net Weight	221kg/487lbs
Starting weight without load	12kg/26.5lbs
Max Load Capacity	One side 150kg/331lbs
Training handle material	stainless steel、knurling
Bearing type	boom rotates: spherical bearing
Linkage mechanism	NO
Main Frame Tubing	PT50×100×2.5mm
Arm Tubing	RJ50*70*3.0mm