

INDIVIDUAL PRODUCT DETAILS

BR7036 Hack Squat



1. Identity Card

Model	BR7036
English Name	Hack Squat
Primary Muscle	Quadriceps
Secondary Muscles	Gluteus Maximus, Hamstrings, Calves
One-line Pitch	

“Achieving ultra-smooth lower-body engagement while ensuring spinal safety through high-precision dual-axis linear guides and multi-dimensional adjustment systems.”

2. Product Overview

The **BR7036** is a premium plate-loaded machine engineered for advanced leg training, featuring a robust exterior and solid structure ideal for professional strength facilities, athletic performance centers, and advanced strength zones within commercial fitness clubs. The machine utilizes a high-precision dual-axis linear rail system to significantly enhance the smoothness and stability of the squatting motion, ensuring natural force delivery and a precise trajectory. The high-resilience shoulder pads are angled to fit the neck and shoulder contours, effectively reducing pressure and discomfort under heavy loads, while the oversized back pad and ergonomic headrest provide stable support for enhanced safety. A prominent and easy-to-operate safety hook lever, combined with a 3-position adjustable bottom stop, accommodates various heights and training depths. Additionally, the 3-position adjustable, oversized anti-slip footplate supports various stances and dorsiflexion angles, flexibly meeting the needs of users with different body types and ankle mobility.

3. Key Features



Dual-Axis Precision Rails

High-precision linear guide system ensures a stable and fluid squatting motion, eliminating wobbling or friction for a superior feel and enhanced safety.



Ergonomic Support & Comfort

Ergonomically designed shoulder pads, backrest, and headrest provide solid bracing while effectively alleviating pressure on the shoulders and spine.



Flexible Safety Limit Adjustments

Features a highly visible safety lever and a 3-position adjustable bottom stop, accommodating different heights and depths for maximum security during heavy sets.



Multi-Position Anti-Slip Footplate

The 3-position adjustable footplate supports various stances and angles, accommodating different ankle flexibilities for comprehensive lower-body activation.

4. Main Parameters

Functional	Single Function
Dimensions (L × W × H)	2311×1645×1528mm 91"×65"×60"
Net Weight	241kg/531lbs
Starting weight without load	30kg/66lbs
Max Load Capacity	300kg/661lbs
Training handle material	stainless steel、knurling
Bearing type	Plain bearing
Linkage mechanism	NO
Main Frame Tubing	PT50×100×2.5mm