

# Hydraulic Squat UBX-217



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The squat is the most productive leg exercise available for increasing overall muscle size, strength and performance. Squats also improve your overall core strength which will help carry your new strength into other exercises and protect your lower back from injury.

### Features:

User Controlled Resistance  
Progressive workout up to 150kg

Instruction Plates  
Clear and simple guides

Soft Cushions  
Maximum comfort for exercise

Galvanised Zinc Injection & a Powder Coat Finish  
Increased longevity

